



# Cholesterol

## Having too much is a problem

Cholesterol is a waxy, fat-like substance that's found in all of the cells of our body. Cholesterol itself isn't bad; our body needs cholesterol to make hormones, vitamin D, and to help digest food. But having too much cholesterol is a problem. It's one of the major risk factors for coronary heart disease, heart attack and stroke.

Our liver produces about 75 percent of the cholesterol in our body, but the food we eat is another source of cholesterol. Cholesterol moves through our bloodstream in bundles called lipoproteins (lip-o-PRO-teens). Lipoproteins are made of an outer layer of protein and contain fat (lipid).

There are no symptoms related to high cholesterol, so that is why it's important to have your cholesterol levels measured by a blood test.

**Cholesterol is carried throughout the body by two kinds of lipoproteins; both are important and there should be a balance.**

Your cholesterol numbers are important, but they are just part of your overall health. Your health care provider will consider your cholesterol numbers, along with your family history, age, gender, and other parts of your lifestyle or health, such as smoking, that could raise your risk of heart disease or stroke.

### Desirable Lipid Profile Levels

Total cholesterol  
Less than 200 mg/dL

LDL ("bad") cholesterol  
Less than 100 mg/dL

HDL ("good") cholesterol  
Greater than or equal to 40 mg/dL

Triglycerides  
Less than 150 mg/dL



### HDL

**GOOD CHOLESTEROL** high-density lipoproteins (HDL) – help remove cholesterol from the body



### LDL

**BAD CHOLESTEROL** low-density lipoproteins (LDL) – build up on artery walls

### Talk to your health care provider about:

- healthy eating
- healthy weight
- alcohol intake
- smoking/tobacco use/cessation
- physical activity
- medications to treat high cholesterol

He or she may suggest healthy lifestyle habits that help you maintain normal cholesterol. Your health care provider will make treatment recommendations based on your personal risk factors. You are the most important part of your health care team. You and your health care provider can work together to keep you as healthy and well as possible.

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

