CHOLESTEROL & WHY IT MATTERS →

BEING HEALTHY SHOULDN'T BE THIS HARD.

WHAT IS IT?

IT'S A WAXY-FAT LIKE SUBSTANCE.
IT'S FOUND IN ALL CELLS & IS USED BY THE BODY TO **PRODUCE** ESTROGEN, TESTOSTERONE, VITAMIN D, AND OTHER COMPOUNDS.

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WHAT IS IT (PT. 2)

"LDL" VS. "HDL"

LOW DENSITY LIPOPROTEIN

"BAD CHOLESTEROL"

-TOO MUCH IN BLOOD MEANS IT CAN BUILD UP IN ARTERIES (THINK: PLAQUE) AND CAUSE NARROWING OF THE ARTERY, MEANING RESTRICTED BLOOD FLOW AND HIGHER CHANCE OF A BLOOD CLOT CAUSING A HEART ATTACK/STROKE.

HIGH DENSITY LIPOPROTEIN

"GOOD CHOLESTEROL"

- CARRIES CHOLESTEROL ("LDL") AWAY FROM THE ARTERIES & RETURNS IT TO THE LIVER TO BE DISPOSED/BROKEN DOWN.

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WHERE DOES IT COME FROM?

YOUR LIVER AND INTESTINES.

THEY MAKE ABOUT 80% OF THE CHOLESTEROL YOU NEED TO STAY HEALTHY.

ONLY ABOUT 20% COMES FROM THE FOODS YOU EAT.

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HOW IS IT MEASURED?

BY TAKING A BLOOD TEST

AKA: A LIPOPROTEIN PANEL

HEALTHY LEVELS FOR 20 Y/O OR OLDER:

*MEN:	*WOMEN:
TOTAL CHOLESTEROL:	TOTAL CHOLESTEROL:
125 TO 200MG/DL	125 TO 200MG/DL
LDL: LESS THAN 100MG/DL	LDL: LESS THAN 100MG/DL
HDL: 40MG/DL OR HIGHER	HDL: 50MG/DL OR HIGHER

CHOLESTEROL NUMBERS ARE MEASURED IN MILLIGRAMS PER DECILITER (MG/DL)

*STATS PROVIDED BY NATIONAL LIBRARY OF MEDICINE

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WHAT CAUSES HIGH CHOLESTEROL?

- MISMANAGED EATING HABITS
- LOW PHYSICAL ACTIVITY LEVELS
- SMOKING
- GENETICS

*OTHER FACTORS INCLUDE AGE, SEX, WEIGHT, ETC.

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HOW CAN I MANAGE IT?

BY MAKING HEALTHY LIFESTYLE CHANGES, SUCH AS:

- CONSISTENTLY EXERCISING
- CHOOSING WHOLE FOODS OVER PROCESSED
- BEING CONSCIOUS OF FAT INTAKE
- MANAGING STRESS LEVELS

AND/OR

BY TAKING MEDICATION

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