



## What to Do

Your doctor may prescribe cholesterol lowering drugs, but, you have to do your part by exercising, eating right and following your doctor's advice. Take charge of your cholesterol level and reduce your risk for heart disease!

*Blue Cross and Blue Shield of Alabama cares about your health and wellness.*

*This is an informational series designed to provide you with specific ideas for a healthy and safe lifestyle.*

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## Lowering Your Cholesterol

*We all have cholesterol in our blood-streams, but if your cholesterol level is too high, it could greatly increase your risk for heart disease — our nation's number one killer.*

*About a third of all American adults have a "borderline," cholesterol level, between 200 and 240 mg/dL.*



**myBlueWellness**

*A wellness program for you from Blue Cross and Blue Shield of Alabama*

If your doctor orders a blood cholesterol test, you will be given a number that relates to your overall cholesterol level. If your cholesterol is 240 mg/dL or higher, your risk for a heart attack is twice that of someone with a 200 mg/dL level.

Your doctor may order a second cholesterol test if your first number is too high; this test will determine your HDL and LDL numbers.

### **Understanding your cholesterol numbers:**

It is important to understand what these two numbers mean. They are both cholesterol levels, but their meanings are very different. High-density lipoprotein (HDL) is known as the “good” cholesterol.

Low-density lipoprotein (LDL) is referred to as the “bad” cholesterol. Too much LDL increases your heart disease risk; on the other hand, a screening that indicates you have a high level of HDL is good news. This can actually reduce your risk for heart disease. Regular exercise is very important in reducing your LDL levels and raising your HDL levels.



### **Manage your cholesterol by following a few simple rules:**

- Eat foods low in saturated and trans fats and cholesterol. Unsaturated fats are the best.
- If you are overweight, try to lose the excess pounds.
- Exercise at least 30 minutes most days of the week.
- Have regular cholesterol screenings.
- Limit your red meat intake each week.