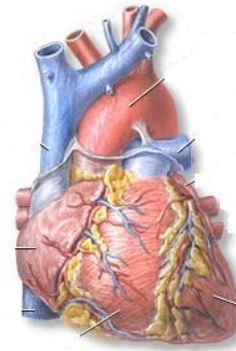


My readings:

Date: _____

- **Total Cholesterol:** _____ mg/dL
 - o **LDL** _____ mg/dL
 - o **HDL** _____ mg/dL
 - o **Triglycerides** _____ mg/dL

- **Blood Pressure:** _____ mmHg



What is high cholesterol?

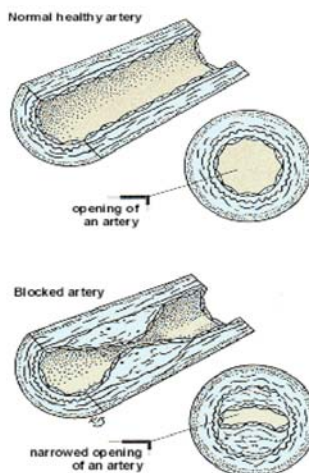
Cholesterol is a waxy substance that travels in your bloodstream. High levels of cholesterol can build up along the walls of blood vessels. These blood vessels can become clogged or narrowed, decreasing overall blood flow. Ultimately, this can lead to an increased risk for heart attack and stroke.

What should my cholesterol levels be?

- **Total Cholesterol** includes LDL, HDL, triglycerides and other fats in the bloodstream.
- **LDL** (“Bad”) cholesterol builds up along the walls of blood vessels.
- **HDL** (“Good”) cholesterol – helps to remove excess cholesterol from the bloodstream.
- **Triglycerides** – most common form of fat in the body and is also found in many types of food you eat.

	Optimal Range
LDL	<130mg/dL
HDL	>40mg/dL
Triglycerides	<150mg/dL
Total Cholesterol	<200mg/dL

Normal artery versus blocked artery



What is hypertension?

Blood pressure is the force of blood exerted against the walls of arteries. It rises and falls throughout the day. Blood pressure is influenced by consumption of food and drink, along with physical activity. When blood pressure stays elevated over time, it is called high blood pressure or **hypertension**.

Hypertension is dangerous because it overworks your heart and damages your arteries. This increases your risk for **heart disease, stroke, congestive heart failure, kidney disease, and blindness**.

	Systolic / Diastolic (mmHg)
Normal (Optimal)	≤120/80
Pre-hypertension	120–139/80–89
Hypertension Stage 1	140–159/90–99
Hypertension Stage 2	≥ 160/100

What are the risk factors associated with high cholesterol and hypertension?

- Overweight
- Tobacco use
- Alcohol intake
- Physical inactivity/sedentary lifestyle
- Age (over 45 for men, over 55 for women)
- Diabetes
- Stress

What lifestyle changes can I do to prevent high cholesterol levels and hypertension?

- **Maintain a health body weight**

- o Lose weight through healthy dieting and daily exercise

- **Exercise daily**

- o Be physically active for at least 30 min. a day, 3 to 4 days a week



- **Healthy eating plan that includes low-saturated-fat, low cholesterol foods**

- o A variety of fruits and vegetables (5 or more servings per day)
- o Fat-free and low-fat milk products (2 to 4 servings per day)
- o Lean meat and poultry (all-white chicken breast, salmon)



- **Reduce salt intake**

- o choose foods that are low in salt
- o read food labels to avoid foods high in sodium
- o Avoid adding salt, use substitutes such as garlic, lemon juice, onion and spices to flavor food



- **Limit alcohol intake**

- o Alcohol can add unneeded calories and raise blood pressure
- o Drink water or juice instead (drink juice in moderation)
- o Limit to one drink a day

- **Quit smoking**

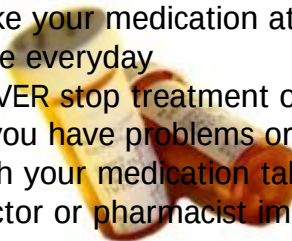


- **Reduce stress**

- o Take breaks from work
- o Stand up and stretch
- o Go for walks
- o Meditate and yoga
- o Try to get 8 hours of sleep a night

- **Take prescribed medication as directed**

- o Take your medication at the same time everyday
- o NEVER stop treatment on your own
- o If you have problems or side effects with your medication talk to your doctor or pharmacist immediately



- **Monitor your blood pressure monthly**

- o Record your blood pressure in a log book (both systolic and diastolic #'s)
- o Large chain pharmacies have machines for free public use



- **Check your cholesterol annually**

- o Your doctor can test your levels of total cholesterol, LDL, HDL and triglycerides

- **Cooking tips**

- o Use a rack to drain off fat when roasting or baking
- o Broil or grill instead of deep-frying
- o Cut off all visible fat and skin from poultry before cooking
- o When using egg recipes/dishes, use egg whites or egg substitutes
- o Use olive oil and low fat products

