

# Wise Health Decisions®



The “Good” cholesterol helps to clear excess cholesterol from your arteries. The more “Good” cholesterol you have, the better off you are, since *it can help decrease your risk for heart disease and stroke.*



The “Bad” cholesterol leads to buildup of fat that can line your arteries and decrease your blood flow. Too much LDL can lead to heart disease and stroke.



Triglycerides are another form of fat in your bloodstream. People with heart disease and diabetes often have high triglycerides.

If you have not had your HDL and LDL cholesterol and triglyceride levels tested in the past year, or if your levels were *abnormal*, see the Nurses of **Wise Health Decisions®** to learn about your risk for heart attack and stroke, and to *decrease* your risk.



TOLL FREE:  
**1-866-  
231-3435**



What is Cholesterol?



Cholesterol is a soft, waxy substance known as “fat” that is found in your bloodstream. Cholesterol comes from the food that you eat and from your liver.

Cholesterol is used by the body to help it function, but too much “bad” cholesterol or not enough “good” cholesterol can lead to **heart attack** and **stroke**.

Cholesterol is made up of several different kinds of fats (also called lipids) including:

- **GOOD** cholesterol or **HDL** (High Density Lipids)
- **BAD** cholesterol or **LDL** (Low Density Lipids)
- Triglycerides

## Acceptable Levels

<b>Total Cholesterol:</b>	Below 200
<b>HDL Cholesterol:</b>	Above 39
<b>LDL Cholesterol</b>	Below 130
<b>Triglycerides</b>	Below 150