

Getting Cholesterol Under Control

More than 102 million American adults 20 years or older have high cholesterol—a condition that typically has no symptoms but can lead to serious health issues if left unmanaged. Learn why and how to reduce your risk.



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WHAT IS SAFE?

High Cholesterol Contributes to:

- Heart disease and heart attacks
- Peripheral artery disease
- Heart failure
- Erectile dysfunction
- Stroke

Factors that May Impact Cholesterol:

- Family history of heart disease
- Heredity: Black and Hispanic descent
- Aging
- Diabetes

- Weight: Obesity or a large waist
- Physical inactivity
- Poor diet
- Tobacco use

Lifestyle Matters:

- Reduce intake of trans fats
- Minimize processed, smoked, or charred meats
- Minimize fried foods
- Maintain a healthy weight
- Increase intake of legumes, vegetables, fruits, and whole grains
- Increase regular physical activity

Important Cholesterol Numbers:

	Optimal	At Risk
Total Cholesterol	<200 mg/dL	>240 mg/dL
Bad Cholesterol (LDL)	<100 mg/dL	>160 mg/dL
Good Cholesterol (HDL)	>60 mg/dL	<40 mg/dL

References:

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Treatment Disclaimer: This poster is for education purposes, not for use in the treatment of medical conditions. It is based on skilled medical opinion as of the date of publication. However, medical science advances and changes rapidly. Furthermore, diagnosis and treatment are often complex and involve more than one disease process or medical issue to determine proper care. If you believe you may have a medical condition described in the poster, consult your doctor.