

*If my cholesterol level is high,
what can I do to help?*

- Eat a low fat, high fiber diet. Add more fruits and vegetables to your meals.
- Read food labels to avoid foods that are high in fat, salt and sugar.
- Stay active. Exercise at least 30 minutes per day, at least three times a week. Check with your doctor to make sure your exercise plan is right for you.
- Quit smoking.
- If you need medication to control your cholesterol, follow your doctor's advice.



*For more health
education information*

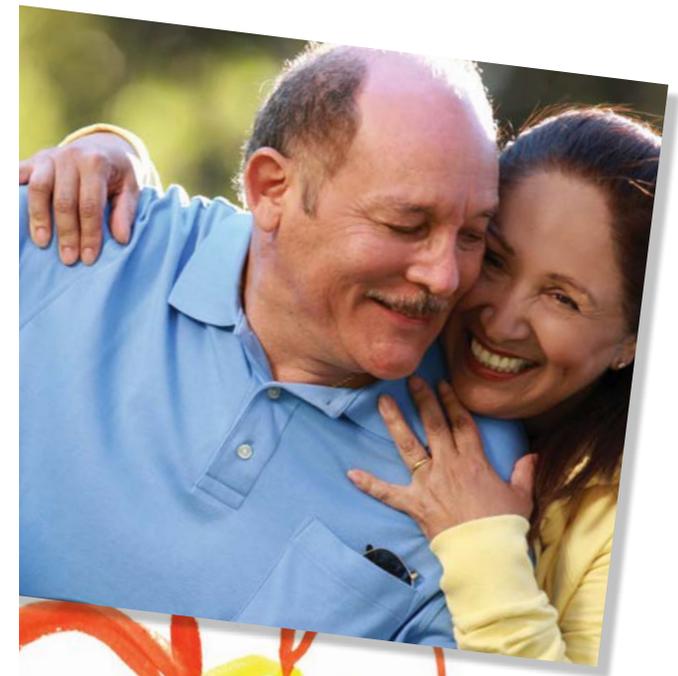
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www.CalVivaHealth.org

Cholesterol

Counts

What you need to know



This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.

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What is cholesterol?

Cholesterol is a fat-like material that your body makes, and it is important for many body functions. About 75 percent of your cholesterol is made by the liver. The other 25 percent comes from foods you eat.

Why does cholesterol matter?

Too much cholesterol can make your blood vessels act like clogged pipes. The extra cholesterol hardens the inner walls of the blood vessels that supply the heart. Over time, clogged blood vessels can block the blood flow to your heart. This can lead to a heart attack, stroke or even death.

How do I check my cholesterol level?

A cholesterol test measures the amount of cholesterol you have in your blood at any time. To check it, a blood sample is taken from your arm or finger. The best time to get the test is in the morning after you have not eaten for 10 to 12 hours.

What are the different types of cholesterol?

There are two types of cholesterol; LDL is the “bad” cholesterol, and HDL is the “good” cholesterol.

If you don't have a history of heart problems, these test results can let you know if you are at risk of heart disease.

LDL – The bad cholesterol

mg/dL	Level
Under 100	Safe
100–159	At risk
160 and higher	High risk

HDL – The good cholesterol

mg/dL	Level
Under 40	High risk
40–60	At risk
60 and higher	Safe

Triglycerides – fat carried in the blood

mg/dL	Level
Under 150	Safe
150–200	At risk
200 and higher	High risk

Total cholesterol – measures HDL, LDL and other fats

mg/dL	Level
Under 200	Safe
200–239	At risk
240 and higher	High risk



Whatever your score, it's a good idea to talk with your doctor. Together, you can make sure you're doing the right things to stay healthy.