



Cholesterol is a waxy, fat-like substance found in your blood. It's an essential building block used to form your body's cells and hormones. Too much cholesterol in your blood can increase the risk of heart disease or heart attack, as it leads to plaque build-up in your arteries. Over time, this buildup — also known as atherosclerosis — can limit the amount of blood flow to the heart. Without enough oxygen-rich blood flow, chest pain, a heart attack, or stroke may result. Lowering cholesterol can significantly reduce the risk of a heart attack.

# CHOLESTEROL & HEART HEALTH



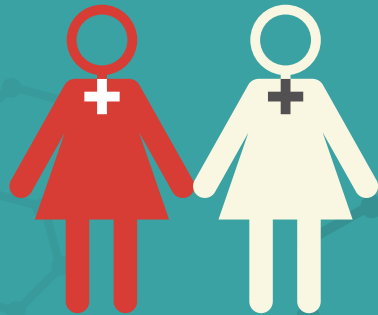
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**WOMENHEART:** The National Coalition for Women with Heart Disease is the nation's first and still only patient centered organization serving the 42 million American women living with or at risk for heart disease — the leading cause of death in women. WomenHeart is solely devoted to advancing women's heart health through advocacy, community education, and the nation's only patient support network for women living with heart disease. WomenHeart is both a coalition and a community of thousands of members nationwide, including women heart patients and their families, physicians, and health advocates, all committed to helping women live longer, healthier lives. To receive a free online heart health action kit or to donate visit [www.womenheart.org](http://www.womenheart.org).

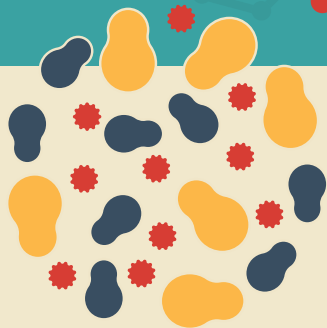
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# CHOLESTEROL & HEART HEALTH



1 OUT OF EVERY 2 WOMEN

has high or borderline high cholesterol.



CHOLESTEROL is found in foods you eat from animal sources.

Cholesterol (fat)  
+ Protein  
**LIPOPROTEIN**



**Low-density lipoprotein (LDL)** is often called the “bad” cholesterol. It is the major cholesterol carrier in the blood that can build up in the walls of the arteries.

**High-density lipoprotein (HDL)** is the “good” cholesterol. HDL may remove the excess cholesterol from the plaque in your arteries.



**Triglycerides** are the fat in your blood. When you eat, the calories from food that you don't use immediately are transformed into triglycerides and stored as fat.



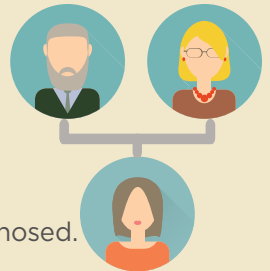
When there is too much cholesterol in your blood, plaque builds up in the walls of your arteries.

Over time, this buildup can cause the arteries to become narrowed, limiting the amount of blood flow to the heart. Without enough oxygen-rich blood flow, chest pain, **A HEART ATTACK**, or stroke may result.

## FAMILIAL HYPERCHOLESTEROLEMIA (FH)

**1 IN 300-500 PEOPLE**

are affected by Familial Hypercholesterolemia (FH), a genetic disorder.



**MORE THAN 90%**

of people with FH are undiagnosed.

\* FH can lead to heart disease early in life.

## WHAT YOU CAN DO TO LOWER YOUR LDL



**Eat heart healthy.** Replace unhealthy saturated fat and trans fat whenever possible. **Monounsaturated fats** can help lower LDL “bad” cholesterol without lowering HDL “good” cholesterol. They are found in:

- olive, peanut and canola oils
- avocados
- nuts
- seeds

**Eat more fruits and vegetables.** Aim to eat **five to nine servings of fruits and vegetables** each day.



**Exercise. 30 minutes** on most, if not all, days can help raise HDL and lower LDL and triglycerides.

## ADDITIONAL RESOURCES

National Cholesterol Education Program  
[www.nhlbi.nih.gov/health/public/heart/cholesterol/wyntk.pdf](http://www.nhlbi.nih.gov/health/public/heart/cholesterol/wyntk.pdf)  
[www.fhjourneys.com](http://www.fhjourneys.com)

[www.womenheart.org/cholesterol](http://www.womenheart.org/cholesterol)

[www.learnyourlipids.com](http://www.learnyourlipids.com)  
[www.thefhfoundation.org](http://www.thefhfoundation.org)