

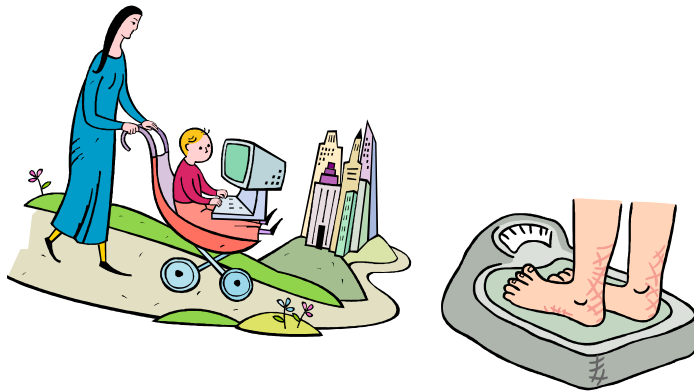
## Controlling risk: Changing My Cholesterol and Other Lipids Numbers

“**Lipids**” includes total cholesterol, “bad” LDL cholesterol, “good” HDL cholesterol and triglycerides. Total cholesterol is the combination of all of these lipid values.

My lipid levels are due in part to my family history, diet, exercise, weight, medications I take and other health conditions, such as...

- ◆ Thyroid trouble
- ◆ Diabetes
- ◆ Recent illness, surgery or injury
- ◆ Pregnancy or breast feeding.

One lipid measurement may not tell the whole story. Several fasting blood tests may be needed to be sure of my numbers and then to make sure they get to goal and stay there. My doctor can order the tests and explain what my numbers mean.



### **I can help lower my “bad” LDL cholesterol by...**

- ◆ Eating fewer “bad” fats
- ◆ Eating moderate amounts of “good” fats
- ◆ Eating lots of vegetables and whole grains
- ◆ Using plant stanol or sterol margarines daily
- ◆ Taking medications as prescribed

### **I can help raise my “good” HDL cholesterol by...**

- ◆ Exercising regularly
- ◆ Eating fatty fish 2 or more times a week
- ◆ Not smoking tobacco
- ◆ Drinking alcohol, if at all, in moderation



### **I can help lower my triglycerides by...**

- ◆ Exercising regularly
- ◆ Limiting sweets and simple sugars
- ◆ Eating more whole grains
- ◆ Avoiding alcohol
- ◆ Controlling my weight
- ◆ Controlling my blood glucose (if I have diabetes)