

July is Cholesterol Awareness Month

Cholesterol is a waxy, fat-like substance that your body naturally produces. Your liver produces all the cholesterol it needs to build cells, make hormones and vitamin D; however, it is also found in certain foods. If you have too much cholesterol in your blood it can form plaque which may narrow and clog your arteries. Narrowing of the arteries creates major risk for stroke and heart attacks.

HDL – GOOD cholesterol – Carries cholesterol from other parts of your body back to your liver, where your liver removes it from your body.

LDL – BAD cholesterol – High levels lead to plaque buildup in your arteries.

Triglycerides – Your body converts excess calories into triglycerides and stores them in your fat cells to use as energy. High levels of triglycerides in your blood can increase your risk for heart disease.

We will be partnering with Doctors Medical Center to offer onsite Cholesterol Screenings and Nutrition Classes!

Space is limited at these events. To register, simply login to PeopleSoft.

(For Cholesterol Screenings, please fast for 12-hours prior to screening. Water is okay!)

Cholesterol Screenings

Date	Location	Room	Class Time
July 10	10th Street	Basement Training Room	8:00-9:00 a.m.
July 11	County Center III	Room 3	8:00-9:00 a.m.
July 12	CSA	Large Training Room	8:00-10:00 a.m.

Educational Classes – Nutrition/Healthy Eating

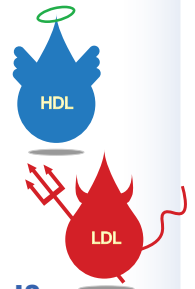
Date	Location	Room	Class Time
July 10	10th Street	Basement Training Room	9:00-10:00 a.m.
July 11	County Center III	Room 3	9:00-10:00 a.m.
July 12	CSA	Large Training Room	10:00-11:00 a.m.
July 12	CSA	Large Training Room	11:00 a.m.-Noon



Know Your Numbers!

Per Quest Diagnostics, following are normal ranges. Are you in range?

Screening	Range
Total Cholesterol	125-199
HDL Cholesterol – Men	>40
HDL Cholesterol – Women	>46
LDL Cholesterol	<130
Triglycerides	<150



What causes high cholesterol?

- Unhealthy Diet
- Excess Weight
- Lack of Physical Activity
- Genetics
- Smoking

How can you improve your cholesterol?

Eat a heart healthy diet

- Choose healthier fats – Opt for leaner cuts of meat, low-fat dairy and monounsaturated fats such as olive and canola oils (for lower LDL).
- Eliminate Trans Fats found in fried foods and processed foods such as cookies, crackers and packaged snacks (helps LDL and HDL).
- Eat plenty of soluble fiber such as whole grains, fruits, legumes and vegetables to help lower your LDL.
- Eat foods high in omega-3 fatty acids such as salmon, tuna and mackerel to raise your HDL level.
- Do not overeat and limit sugar and simple carbohydrates to keep your triglycerides in check.

Become more physically active – Sedentary lifestyles lower HDL which means there's less good cholesterol to remove LDL from your arteries.

Lose weight – Being overweight can raise your LDL and lower your HDL. Losing excess weight can improve your cholesterol levels.