# Cholesterol
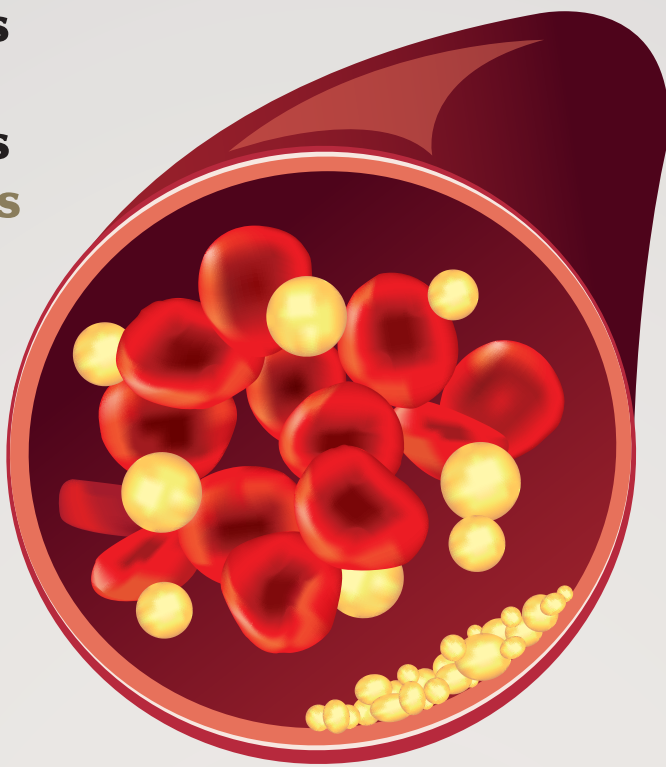## AND YOUR HEART

**Many Canadians struggle with unhealthy levels of all three types of cholesterol**

**THE GOOD**
**30%**
HAVE UNHEALTHY HDL LEVELS

**THE BAD**
**25%**
HAVE ELEVATED TRIGLYCERIDES

**THE VERY BAD**
**36%**
HAVE HIGH LEVELS OF LDL

### HDL (high-density lipoprotein)
Called "good" or "healthy" cholesterol, HDL carries cholesterol to the liver, where it is eliminated.

### LDL (low-density lipoprotein)
Sometimes called "bad" cholesterol, LDL can lead to a buildup of plaques on the walls of blood vessels.

### Triglycerides
Triglycerides store and transport fat in the blood. Excess calories (especially sugar and alcohol) are stored this way.

### Your TC/HDL Number
Total Cholesterol/HDL is a ratio used to measure your cardiovascular risk. TC/HDL is calculated by dividing your total cholesterol by your total HDL cholesterol numbers.

**A RELATIVELY SMALL DECREASE IN LDL (1 mmol/L) YIELDS**

UP TO A **20-25% DECREASE** IN RISK OF HEART ATTACK

TREATING HIGH CHOLESTEROL

**CAN INCREASE YOUR LIFE EXPECTANCY**

## WHAT ARE THE RISKS?

Not only does high blood cholesterol strongly increase your chances of having a **heart attack or developing cardiovascular disease**, it also puts you at greater risk for other serious health problems:
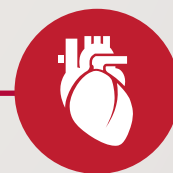
**DIABETES** · **HIGH BLOOD PRESSURE** · **OBESITY** · **STROKE** · **CORONARY ARTERY DISEASE**

## WHAT CAN I DO?

To achieve healthy cholesterol levels, you may require both changes in lifestyle habits and cholesterol-lowering drugs. Medications can lower LDL and triglycerides, raise HDL, and reduce the amount of dietary cholesterol absorbed.

| Statins | Fibrates | Niacin | Resins |
|---|---|---|---|
| safe and effective for lowering cholesterol, plaque build-up | reduce triglyceride production and increase HDL | treats low levels of HDL and elevated triglycerides | block absorption of cholesterol in small intestine |

High blood cholesterol strongly increases your chances of having a heart attack or developing cardiovascular disease. Know your levels and what you need to do:

### Talk to your doctor about your cholesterol levels!