

What is cholesterol?

- ◆ Cholesterol in our blood helps **maintain daily functions** like breaking down fats.
- ◆ **Our bodies naturally make** all the cholesterol that we need.
- ◆ Eating foods high in saturated and trans fats leads to too much cholesterol which turns in to a **plaque that blocks our flow of blood**, possibly leading to heart attack or stroke.
 - ◆ There are **two types of Cholesterol**. **“Good” HDL** that can get rid of excess cholesterol and **“Bad” LDL** that can increase plaque buildup.

Symptoms of High Cholesterol

- ◆ Usually there are **no signs or symptoms** of high cholesterol so it is important to get cholesterol levels checked regularly with a **simple blood test**.

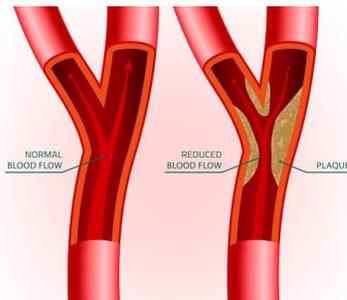
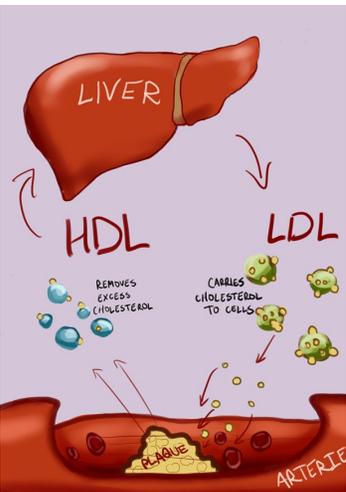


Risk Factors

- ◆ **Family history** of heart disease and or high blood cholesterol
 - ◆ **Diabetes**
 - ◆ **High blood pressure**
 - ◆ **Old age**
- ◆ **Being male** (men have slightly higher LDL levels than women)
 - ◆ Being **overweight or obese**

Prevention

- ◆ **Exercise** on a regular basis; at least 2.5 hours a week
 - ◆ **Don't smoke**
 - ◆ **Limit alcohol intake**
- ◆ Take **medication** if necessary and as prescribed
- ◆ Choose healthy foods; **eat less saturated fats** like food made from animals, such as red meat, butter and cheese. Eat less trans fats like processed and greasy foods
 - ◆ **Eat foods high in fiber and unsaturated fats** such as oats, beans, avocados, and nuts.



Recommendations

- ◆ Healthy adults should get their cholesterol levels checked **every 4 to 6 years**
- ◆ Adults who have **higher risk factors** like diabetes should get checked more often.
- ◆ **Children and adolescents** should get their cholesterol levels checked once between ages 9 and 11 and then once again between ages 17

Interesting Facts

- ◆ Nearly **93 million** U.S. adults have high cholesterol
- ◆ High cholesterol can lead to **heart disease**, the leading cause of death in the US or **stroke** the 5th leading cause of death in the US.



Resources

Milwaukee Consortium for Hmong Health Inc.

Www.MkeHmongHealth.com

Office: 414-212-8087

Address: 1802 West Walnut Street
Milwaukee, WI 53205

Email: MkeHmonghealth@gmail.com

- ◆ <https://www.cdc.gov/cholesterol/index.htm>
- ◆ <https://www.heart.org/en/health-topics/cholesterol>

Questions or comments, feel free to contact us. Our **Community Health Workers** are glad to help you find resources in the community!

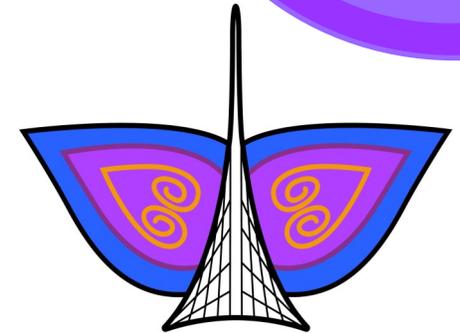


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Picture Sources:

<http://img2.timeinc.net/health/images/health-news/clogged-arteries-cholesterol-400x400.jpg>

https://koko.news/_export/1593278596881/sites/koko/img/2020/06/27cholesterol_reduction__crop1593278423717.jpeg_



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High Cholesterol



What It Is and How It Affects You

