

Cholesterol



Cardinal Pediatrics
304-599-8000

Who gets their cholesterol checked?

- The APP recommends all children between 9 and 11 years get screened
- Younger children may be tested if they have a family history of heart disease

What is Cholesterol?

Cholesterol is a waxy, fat-like substance made by your body to make cell membranes, hormones, vitamins, and substances that help you digest food.

Your body makes 80% of the cholesterol we need. We also get cholesterol from the animal products we eat (meat, eggs, cheese).

Too much cholesterol in our bodies leads to plaque build up in our blood vessels which causes decreased flow of oxygen rich blood to your body, and eventually can lead to a heart attack or stroke.

Cholesterol levels can be affected by unhealthy eating habits, smoking, alcohol intake, and genetics.

LDL vs HDL

LDL

- LDL is Low Density Lipoprotein
- Considered a “bad cholesterol” because high levels contribute to plaque build up

HDL

- HDL is High Density Lipoprotein
- Considered a “good cholesterol” because it carries other types of cholesterol to your liver so it can be removed from your body.

How can I lower my LDL and increase my HDL?

Eat heart-healthy foods!

- Reduce saturated fats primarily found in red meats and full-fat dairy products
- Eliminate trans fats (aka partially hydrogenated vegetable oil). These are often used in margarine and store bought cookies, crackers, and cakes
- Eat more healthy fats like fish, nuts, avocados, olive oil
- Increase fiber intake. Eating more fruits, vegetable, oatmeal, beans

Exercise - Moderate physical activity at least 5 times per week

Engage in the Cardinal Healthy Steps program to help lose weight



304-599-8000

Remember we are only a phone call away!