

A weekly resource
for your well-being

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A TIP FOR TENNESSEANS

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Knock down high cholesterol.

True or false? If you have high cholesterol, you will have to take medication to lower it.

The answer? Not always. In fact, if you've been told you have high cholesterol, there's good news: it's highly controllable. And keeping it in a healthy range can help knock out one big risk factor for heart disease, heart attack and stroke. Your doctor can tell you how you should manage your cholesterol. These [top five](#) habits may also help you reach healthier numbers the natural way.

What do your numbers mean?

Total Cholesterol

Your total cholesterol measures types of fats in your blood, including HDL ("good" cholesterol) and LDL ("bad" cholesterol).

Normal: < 200 mg/dL

Borderline high: 200-239 md/dL

High: ≥ 240 mg/dL

HDL ("good" cholesterol)

Helps clear out the bad cholesterol from your body.

Ideal: ≥ 60 mg/dL

Acceptable: 40-59 mg/dL

Low: < 40 mg/dL



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LDL ("bad" cholesterol)

Can leave waxy deposits stuck to blood vessel walls and may lead to heart disease.

Ideal: < 100 mg/dL

Near or above optimal: 100-129 mg/dL

Borderline high: 130-159 mg/dL

High: 160-189 mg/dL

Very high: \geq 190 mg/dL

References:

"Top 5 lifestyle changes to improve your cholesterol." Mayo Clinic, 19 June 2015. Web. 16 January 2017. | "Why cholesterol matters." American Heart Association, 01 April 2016. Web. 16 January 2017. | "High Cholesterol Facts." Centers for Disease Control and Prevention, 17 March 2015. Web. 16 January 2017.



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