

Foods that should be avoided are:

- ✗ Whole milk, cream, and ice cream
- ✗ Butter, egg yolks, and cheese (and foods made with them)
- ✗ Organ meats like liver
- ✗ High-fat processed meats like bologna, sausage, salami, and hot dogs
- ✗ Fatty red meats that are not trimmed of excess fat
- ✗ Duck and goose meat

2. Reading the labels of the foods that you buy will help you make wise food choices. You want to make sure that you aren't bringing home foods high in fat and cholesterol. One easy way to do healthier grocery shopping is to spend more time in the outer aisles of the store where fresh foods are kept. Spend less time in the middle aisles where packaged foods, snacks, and soft drinks are kept.

If one makes these types of changes, he or she will find to their delight that this type of healthy eating will also help the patient successfully lose weight and keep it off!

3. Finally, if one starts a moderate exercise program, such as walking about one mile, 2 to 3 times a week, he or she will see an increase in their "good" cholesterol, the HDL level, as a result!

If the patient strives to make these heart-healthy, cholesterol-wise choices, he or she will be delighted to find an increase in their HDL with a corresponding decrease in their total cholesterol and their LDL level!

What treatments are available for reducing cholesterol levels?

If you are unable to lower your cholesterol level by dietary changes, weight reduction, and exercise, or if your total cholesterol was very high to begin with, your doctor may wish for you to be on a cholesterol lowering medication. There are a lot of medications available, so you should talk to your doctor about what is best for you.

REMEMBER!!!

We should never rely on a pill doing all the work for us; the medication can only be as good to your body as you are being to yourself! Therefore, if your doctor does choose to start you on a cholesterol medication, you should still be trying to make more heart-healthy, cholesterol-wise changes in your life.

More Information About Cholesterol

Talk to your doctor, nurse, or health care professional or call the American Heart Association at 1-800-242-8721.

If you have high cholesterol, members of your family may also be at risk for it. It's very important for them to have their cholesterol levels checked regularly and for them to make changes to lower their risk.

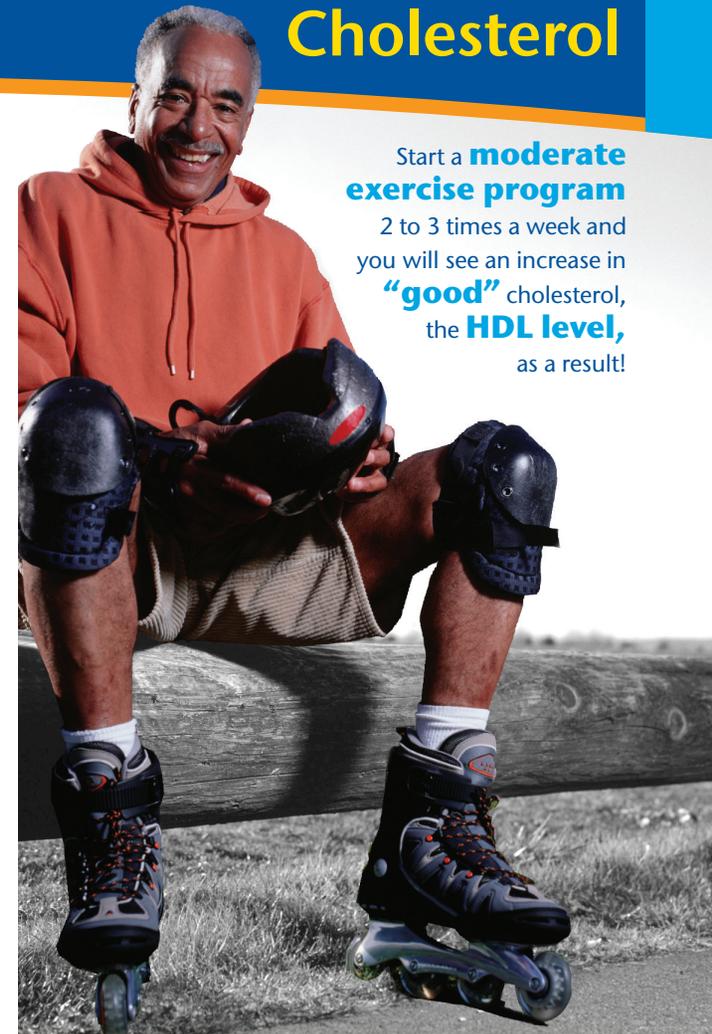
Your cholesterol should be checked at least once a year and the following goals are recommended:

Cholesterol Guidelines

ATPIII Classification of LDL, Total and HDL Cholesterol (mg/dL)

TOTAL Cholesterol	<200 DESIRABLE	200-239 BORDERLINE HIGH	>240 HIGH
HDL Cholesterol	<40 LOW	>60 DESIRABLE	
LDL Cholesterol	<100 OPTIMAL	100-129 NEAR/ABOVE OPTIMAL	130-159 BORDERLINE HIGH
		160-189 HIGH	>190 VERY HIGH

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Start a **moderate exercise program**

2 to 3 times a week and you will see an increase in "good" cholesterol, the **HDL level**, as a result!



You can reduce **cholesterol** in your **blood** by eating **healthy foods**, losing weight if you need to, and **exercising**.

What is cholesterol and what do the terms “good” and “bad” cholesterol mean?

Cholesterol is a soft, fat-like substance that is found in your body’s cells. Your body makes some cholesterol (in fact, it makes all the cholesterol that you need). It’s also found in certain animal based foods. The cholesterol and saturated fats that you eat may raise your blood cholesterol level.

Cholesterol and other fats cannot dissolve in your blood. To travel to your cells, they use a special carrier called lipoprotein.

Low-density lipoprotein (LDL) is often called the “bad” kind of cholesterol. When you have too much LDL in your blood, it can join with cells and fats, building up on the inner walls of your arteries. This can cause a blood clot, block the flow of blood to your heart, and may cause a heart attack or stroke.

The “good” kind of cholesterol, on the other hand, is called High-density lipoprotein (HDL). It carries harmful cholesterol away from the arteries and helps protect you from a heart attack. It’s better to have higher levels of HDL in your blood.

Why does cholesterol have such a bad reputation?

Cholesterol, left untreated, is a major cause of heart disease. Furthermore, there are no outward warning signals or signs to alert you that your cholesterol level is becoming dangerously high. The only way to know your cholesterol levels is to have a 12-hour fasting blood cholesterol test at least once a year.

What factors contribute to the development of a cholesterol level that is potentially harmful?

A diet high in saturated fat and cholesterol, such as red meats, whole dairy products, oils such as coconut, palm, kernel, cocoa butter (found in chocolate) will lead to high cholesterol levels because saturated fats raise the bad cholesterol (LDL) level and may cause the decrease of the good cholesterol (HDL).

Lack of regular exercise will increase LDL levels. Exercise helps remove the bad cholesterol from the artery walls and take it to the liver where it can be degraded.

Smoking increases cholesterol levels because it makes the red blood cells “sticky” so that they pick up fats in the blood and help deposit the fats in the walls of the artery.

One in every 500 people has an inherited tendency to very high LDL cholesterol levels.

What happens if high cholesterol is left untreated?

Having too much cholesterol in the body may lead to heart disease. Over half of all American adults have levels that are borderline high (i.e. 200-239 mg/dL) and one fifth have levels that are within the high risk zone (i.e. 240 mg/dL or higher).

If left untreated, high blood cholesterol is one of the number one causes of Coronary Heart Disease (CHD). CHD is the number one killer of adults in the United States. Half a million people die each year from heart disease; cholesterol is one of the major culprits for those deaths. Even though there is much you can do to lower your cholesterol levels and protect yourself, half of all Americans still have levels that are too high (over 200).

How can patients elevate their “good” cholesterol levels and lower their “bad” cholesterol levels?

Steps you can take to minimize the risk of developing potentially harmful levels of cholesterol:

You can reduce cholesterol in your blood by eating healthy foods, losing weight if you need to, and exercising. Some people also need to take a medicine because changing their diet isn’t enough.

1. Dietary changes alone can lower your blood cholesterol level by 10-15%. Some of the dietary changes that one should make include:

- ✓ Eat more fruits and vegetables
- ✓ Eat more whole grains like cereal, rice, and pasta
- ✓ Choose low-fat and skim milk dairy products
- ✓ Eat more lean fish and shellfish
- ✓ Eat more beans and peas
- ✓ Use only unsaturated oils like canola, olive, safflower, and sunflower oils in limited amounts.