



**Tips to Lower Your Cholesterol and Blood Pressure**

- Reduce the saturated fat in your diet. Eat less meat and fried snacks. Also try non-fat or low-fat dairy products
- Reduce the cholesterol in your diet. Eat less eggs and red meat.
- Increase the fiber in your diet. Enjoy oats, barley, black beans, peas, avocado, salmon, tuna, flax seed, nuts and many fruits and vegetables.
- Avoid salty foods.
- Limit your alcohol intake.
- Maintain a healthy, lean body weight.
- Quit or never start smoking.
- Avoid excessive stress.
- Exercise regularly. Try walking 5-6 days a week.

# Cholesterol & Blood Pressure

**CHOLESTEROL** is a soft, waxy substance found in the lipids (fats) of your bloodstream and in all of your body's cells. It's an important part of a healthy body, but a high level of cholesterol signals a high risk of heart attack and stroke.

There are several kinds of cholesterol in your body:

**LDL is the bad cholesterol (think L for Lousy).** If too much LDL circulates in your blood, it may build-up in the artery walls and block blood flow.

**HDL is the good cholesterol (think H for Healthy).** Medical experts believe that HDL helps to lower the amount of bad cholesterol (LDL) in your body. The higher your HDL cholesterol, the better.

**Triglycerides** are obtained from food you eat and are also released from your liver to meet short-term energy. When too much food or significant high-fat food is consumed, the excess triglycerides are stored as body fat.

## What Your Numbers Mean

	TC*	LDL	HDL	Triglycerides	TC/HDL Ratio
<b>Desireable</b>	160 - 200	100 - 130	> 50/women > 40/men	150 - 199	< 4.5
<b>Borderline</b>	200 - 239	130 - 159	25 - 50	200 - 499	
<b>High Risk</b>	> 240	> 160	< 25	> 500	> 6

\*TC = LDL + HDL + VLDL

**BLOOD PRESSURE** is the force of blood against the walls of your arteries. An elevated blood pressure indicates that your heart is working too hard, putting a strain on your heart muscle and arteries.

**High blood pressure, or Hypertension,** is a major risk factor for heart disease and strokes. This illness is commonly referred to as the "Silent Killer" because it usually has no symptoms.

**Systolic Pressure** is the top and largest number. This is the amount of force on the artery walls when the heart is pumping.

**Diastolic Pressure** is the lower and smaller number. This is the amount of force on the artery walls when the heart is resting between beats.

One in three adults has high blood pressure – that's an estimated 67 million people. Anyone, even children, can develop it.

## What Your Numbers Mean

	Systolic Pressure		Diastolic Pressure
<b>Normal</b>	Less than 120	and	Less than 80
<b>Prehypertension</b>	120 - 139	or	80 - 89
<b>High</b>	140 or higher	or	90 or higher