



Cholesterol for Your Health

Things that you will learn from reading through this packet include:

- What the fuss about cholesterol and other lipids is all about
- What the risk factors for heart disease are and how they affect you
- What cholesterol is and what your cholesterol goals are
- What you can do to help lower your cholesterol and your risk for heart disease

Facts about Cardiovascular Disease (CVD)

- CVD is the leading health care problem and cause of death in the United States
- Having high cholesterol puts you at a higher risk for developing CVD
 - Heart Disease
 - Stroke
 - Heart Attacks

How does CVD impact our healthcare?

- 1 in 2.4 deaths are caused by CVD
- 1 out of 4 Americans have some form of CVD
- An American suffers from a coronary event every 29 seconds
- Someone dies from CVD every 60 seconds
- In 1999, America spent more than \$150 billion in health care costs related to CVD

Where does Mississippi stand?

- Mississippi leads the nation in the number of deaths caused by some form of CVD
- In 1998, 43% of all deaths in Mississippi were related to CVD
- Of these deaths, 25% were in people younger than 65
- 10% of all teenagers have high cholesterol

Other CVD information

- African Americans have more deaths from CVD than Caucasians
- Men have a higher risk of dying from CVD; but women are more likely to die within the first few weeks after having a heart attack
- CVD risk can be reduced or eliminated by decreasing your risk factors
- A 10% reduction in your cholesterol can reduce your overall risk by 33%

CVD Risk factors

Cannot Change	Can Change
Age <ul style="list-style-type: none"> • 1 Men 45 years or older • 2 Women 55 years or older 	High Blood Pressure
Family history of premature heart disease	Obesity
	Tobacco use
	Inactive lifestyle
	Diabetes (high blood sugar levels)
	Dyslipidemia (abnormal cholesterol levels)

Framingham Score

- Your Framingham score is the % chance that you will have a CVD event (Heart Attack, Stroke) within the next 10 years
- Your score is based on the number of risk factors (changeable and non-changeable) that you currently have
- For more information on how to calculate your Framingham score
- ask your health care provider or visit the internet at <http://hin.nhlbi.nih.gov/atp/iii/calculator.asp?usertype=pub>

Dyslipidemia Facts

- Over 100 million Americans have high cholesterol levels

- Half of all Americans have cholesterol levels that are too high (200mg/dL or higher)
- Dyslipidemia increases your risk for both heart disease and stroke
- As you saw in the above chart, dyslipidemia is a risk factor that can be changed

What is cholesterol, anyway?

- Cholesterol is a fatty, waxy substance that is made by the liver. Your liver makes all of the cholesterol that your body needs. Cholesterol is used to make many hormones and vitamin D. Too much cholesterol can be harmful to your body.
- Cholesterol comes from the foods that you eat. Some types of foods actually provide more cholesterol than your body needs. If your cholesterol level gets too high, it can make you more likely to have heart disease.
- When too much cholesterol builds up in your blood, "plaques" develop in the walls of your bloodstream that can lead to the hardening of your blood vessels, also called atherosclerosis. As these "plaques" build up over time, they may become large enough to reduce the flow of your blood.

What is Cholesterol made of?

- Cholesterol is made up of LDL (bad cholesterol), HDL (good cholesterol), and Triglycerides

LDL (the bad cholesterol)

- Also called low-density lipoprotein
- Carries cholesterol from your liver to your bloodstream
- High LDL causes the "plaques" to form in your blood vessels

HDL (the good cholesterol)

- Also called high-density lipoprotein
- Carries cholesterol from the bloodstream to the liver to be broken down and removed
- Higher levels of HDL actually decrease the amount of "plaques" formed in your blood vessels

Triglycerides (the ugly cholesterol)

- The major forms of food and fat found in your body

- Cause the blood to become sticky or gummy
- Associated with people with diabetes and premature CVD

What are My Cholesterol Goals?

- Total cholesterol: less than 200mg/dL
- HDL: more than 40mg/dL
- Triglycerides: less than 150mg/dL
- LDL: Varies based on your risk factors and whether or not you have existing heart disease

LDL Goals:

Here are the LDL goals based on the most recent update to the cholesterol guidelines:

Risk Category	LDL goal	When to change your lifestyle	When to start drug therapy
High risk: CHD or CHD risk equivalent (diabetes)(10 year risk of more than 20%)	Less than 100mg/dL (an optional goal is less than 70mg/dL)	LDL of 100mg/dL or greater	LDL of 100mg/dL or greater; may try even if LDL is less than 100
Moderately high risk: 2+ risk factors (10 year risk of 10-20%)	Less than 130mg/dL	LDL of 130mg/dL or greater	LDL of 130mg/dL or greater; may try if LDL is 100-129mg/dL
Moderate risk: 2+ risk factors (10 year risk of less than 10%)	Less than 130mg/dL	LDL of 130mg/dL or greater	LDL of 160mg/dL or higher
Lower risk: 0-1 risk factors	Less than 160mg/dL	LDL of 160mg/dL or greater	LDL of 190mg/dL or greater; may try if LDL is 160-189mg/dL

How smoking affects your cholesterol levels

- Smoking activates LDL (bad cholesterol)
- Smoking can increase your risk for heart disease by as much as 50%
- If you want to quit, and need help, call the ACT center at the Jackson Medical Mall at (601)-815-1155

Exercise Therapy

- Physical inactivity has now been shown to be a risk factor for developing heart disease
- An estimated 250,000 deaths per year in the United States are due to a lack of regular physical activity
- As always, before starting any exercise program you should check with your health care provider first

Good	Best
Low-to-moderate intensity activities done every day for at least 30 minutes:	High intensity aerobic activities done 3-4 times per week for 30-60 minutes:
pleasure walking	brisk walking
climbing stairs	running
gardening	swimming
yard work	bicycling
moderate-to-heavy housework	roller skating
dancing	jump rope

Benefits of Exercise

- Improves blood circulation
- Keeps weight under control
- Improves cholesterol levels
- Prevents and manages high blood pressure
- Prevents bone loss
- Boosts your energy level
- Helps to manage stress

Diet Therapy

- It is important to watch the fat content in the foods that you eat
- It is also important to pay attention to the serving sizes on the labels of the food that you eat
- A registered dietitian can help you to maintain the right kind of diet

Eating out and making good choices

- Look for foods that are steamed, broiled, baked, grilled, poached, or roasted
- Stay away from foods that are fried, basted, au gratin, crispy, sautéed, stewed, or stuffed
- Even if dishes low in fat and cholesterol are not on the menu, ask the server for other options
- If you order a baked potato, ask for margarine on the side
- Ask for a plain salad, with low-fat salad dressing on the side
- Use fat-free nondairy creamer or skim milk in your coffee rather than cream
- Always trim fat from meats, and reserve red meats for special occasions only
- Order fresh fruit or low-fat sherbet for dessert, and reserve cakes, pies, and pastries for special occasions

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