

# CHOLESTEROL

**CHOLESTEROL** is a waxy fat like substance made in the liver and other cells and found in certain foods, such as food from animals, like dairy products, eggs, and meat.

Cholesterol can build up in arteries that lead to the heart. They may narrow or close, which can cause a heart attack!

## TEST FOR CHOLESTEROL

A Cholesterol blood test is the first step in diagnosing high Cholesterol.

## MANAGING HIGH CHOLESTEROL

- Eat a Heart Healthy Diet that consists of fruit and vegetables.
- Whole grain bread.
- Fat-free—Low-fat milk products.
- Lean meat and Poultry without the skin.
- Fish and Salmon—2 servings, Baked
- Use Canola, corn, olive, and soybean oils instead of butter and margarine.

## TAKE YOUR MEDICINES

- Your doctor may prescribe medicines for your Cholesterol.
- Don't skip your medicine.
- Your doctor will let you know when your Cholesterol Level should be done again.
- Mark your Calendar before its' time for refills on your medication

## BE MORE ACTIVE

- Take the stairs instead of the elevator.
- Don't park close to the store. Park further away.
- Lose weight if needed.

*Proverbs 27:14 says, Wait on the Lord; be of good courage and He shall strengthen thine heart; wait I say on the Lord.*