

# What to know about cholesterol

## There are good and bad kinds of cholesterol

Cholesterol is made by your body and comes from food you eat:

- *LDL cholesterol* —“Bad” cholesterol that can narrow or block your blood vessels and may lead to heart attack or stroke
- *HDL cholesterol* —“Good” cholesterol that helps keep your blood vessels from being blocked

*Triglycerides* are like cholesterol and can also raise your chance of a heart attack or stroke

### American Diabetes Association Goals:

	Men	Women	My Goal
“Bad” LDL cholesterol	under 100 mg/dL	under 100 mg/dL	
“Bad” triglycerides	under 150 mg/dL	under 150 mg/dL	
“Good” HDL cholesterol	above 40 mg/dL	above 50 mg/dL	

Your doctor will help you set goals that are right for you.

### You can control your cholesterol

Be good to your heart! Reach your cholesterol goals. Try to:

- Keep your “bad” cholesterol low
- Keep your “good” cholesterol high
- Learn what foods are better or worse for you
- Be more active—find an activity that is right for you
- Take cholesterol-lowering medicines if your doctor tells you to
- Stop smoking

**Talk to your doctor before starting an exercise plan.**



This material has been developed by GlaxoSmithKline.