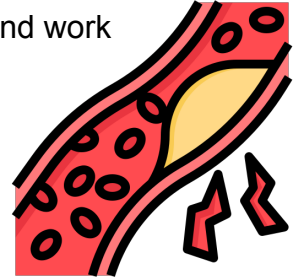


FACTS ON CHOLESTEROL

- Cholesterol is an essential substance that is produced by the body,
- It is waxy and fat-like in appearance.
- Cholesterol (kuh-LES-tuh-rawl) is a type of fat found in your blood.
- You need cholesterol to help your brain, skin, and other organs grow and work the way they should.
- Your liver makes cholesterol for your body.
- You also get cholesterol from some of the foods you eat — especially animal products like meat, eggs, butter, cheese, and milk.



- The greatest risk factors for high cholesterol are modifiable lifestyle choices - diet and exercise.
- Lifestyle changes are the best way to reduce cholesterol.
- If lifestyle changes are unsuccessful or cholesterol levels are very high, lipid-lowering drugs such as statins may be prescribed.
- High cholesterol levels are an important contributor in the calculation of an individual's risk of having a heart attack.
- There are two main types of cholesterol: LDL and HDL. The cholesterol blood test tells how much of each kind you have.
 - LDL (low-density lipoprotein) cholesterol is most likely to make something called plaque that can clog a person's arteries. People often call LDL cholesterol "bad cholesterol."
 - HDL (high-density lipoprotein) cholesterol doesn't clog arteries. That's why people often call HDL "good cholesterol."



Source: www.kidshealth.org