



January
Know Your Numbers

Cholesterol Education Month

Cholesterol is a waxy, fat-like substance in your blood. Cholesterol is essential for good health. But too much of the bad kind of cholesterol can put you at a higher risk of heart disease or stroke.



Cholesterol Facts

- Between 2017 and 2020, 10% of adults age 20 or older had total cholesterol levels above 240 mg/dL
- About 17% had high-density lipoprotein (HDL, or “good”) cholesterol levels below 40 mg/dL.
- About 86 million U.S. adults age 20 or older have total cholesterol levels above 200 mg/dL.
- Nearly 25 million adults in the United States have total cholesterol levels above 240 mg/dL.
- About 7% of U.S. children and adolescents ages 6 to 19 have high total cholesterol.

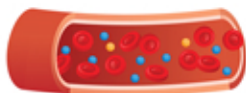
Types of Cholesterol



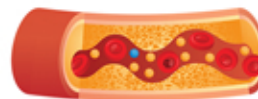
High-density lipoprotein (HDL) is known as “good” cholesterol. High levels of HDL can reduce your risk of heart disease and stroke. Lifestyle changes known to increase HDL include moving more, quitting smoking or improving your diet, have been shown to lower the risk of heart attacks.



Low-density lipoprotein (LDL) cholesterol is known as “bad” cholesterol. High levels of LDL cholesterol can lead to an increased risk of heart disease and stroke. Regarding LDL cholesterol levels, the American Heart Association recommends “the lower the better”. Ideally LDL cholesterol should be below 100 mg/DL. Maintaining these levels can lower your risk of heart disease and stroke.



Healthy Artery



Narrowed Artery

How often should you get your cholesterol checked?

Males Age	Females Age	How often to get your cholesterol checked
20 to 44	20-54	Every 5 years.
45 to 65	55-65	Every 1 to 2 years.
65+	65+	Every year.

There are key factors that can effect these recommendations: **Age, family history, your risk factors for heart disease, or whether your are male vs female.**

Talk to Our Pharmacists For More Information

We're here to help you stay informed and live a healthy life; don't hesitate to ask us for more information.

