

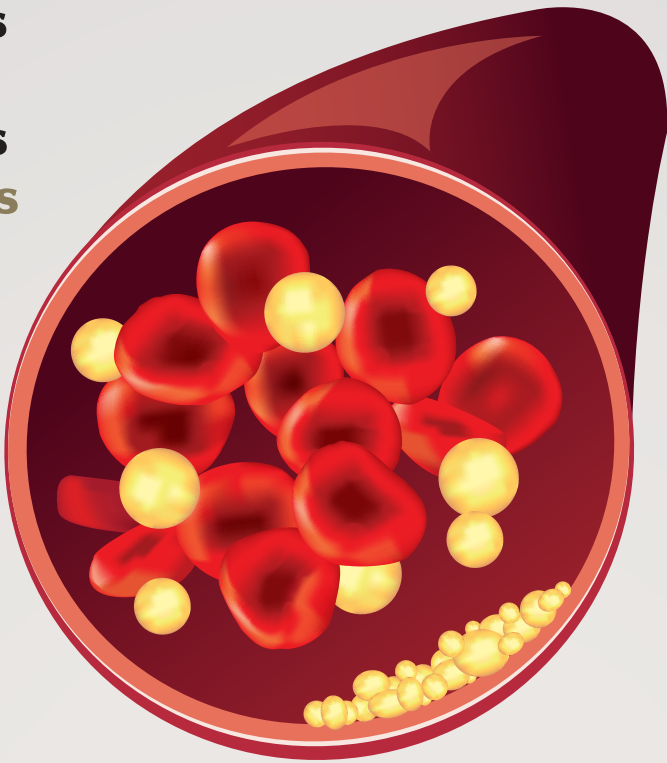


Cholesterol AND YOUR HEART

Many Canadians struggle with unhealthy levels of all three types of cholesterol

THE GOOD

30%
HAVE UNHEALTHY HDL LEVELS



THE BAD

25%
HAVE ELEVATED TRIGLYCERIDES

THE VERY BAD

36%
HAVE HIGH LEVELS OF LDL



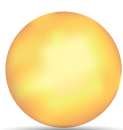
HDL (high-density lipoprotein)

Called “good” or “healthy” cholesterol, HDL carries cholesterol to the liver, where it is eliminated.



LDL (low-density lipoprotein)

Sometimes called “bad” cholesterol, LDL can lead to a buildup of plaques on the walls of blood vessels.



Triglycerides

Triglycerides store and transport fat in the blood. Excess calories (especially sugar and alcohol) are stored this way.



Your TC/HDL Number

Total Cholesterol/HDL is a ratio used to measure your cardiovascular risk. TC/HDL is calculated by dividing your total cholesterol by your total HDL cholesterol numbers.

A RELATIVELY SMALL DECREASE IN LDL (1 mmol/L) YIELDS



UP TO A 20-25% DECREASE IN RISK OF HEART ATTACK

TREATING HIGH CHOLESTEROL



CAN INCREASE YOUR LIFE EXPECTANCY

WHAT ARE THE RISKS?

Not only does high blood cholesterol strongly increase your chances of having a **heart attack or developing cardiovascular disease**, it also puts you at greater risk for other serious health problems:



DIABETES



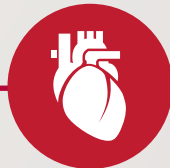
HIGH BLOOD PRESSURE



OBESITY



STROKE



CORONARY ARTERY DISEASE

WHAT CAN I DO?

To achieve healthy cholesterol levels, you may require both changes in lifestyle habits and cholesterol-lowering drugs. Medications can lower LDL and triglycerides, raise HDL, and reduce the amount of dietary cholesterol absorbed.

Statins

safe and effective for lowering cholesterol, plaque build-up

Fibrates

reduce triglyceride production and increase HDL

Niacin

treats low levels of HDL and elevated triglycerides

Resins

block absorption of cholesterol in small intestine

High blood cholesterol strongly increases your chances of having a heart attack or developing cardiovascular disease. Know your levels and what you need to do:

Talk to your doctor about your cholesterol levels!