

Controlling Your CHOLESTEROL

Cholesterol Facts

Testing

Total Cholesterol

Bad Cholesterol (LDL)

Good Cholesterol (HDL)

Lifestyle Risk Factors

Uncontrollable Risk Factors



- High cholesterol is a leading risk factor for coronary heart disease and stroke.
- By keeping track of your cholesterol and learning to control it, you can reduce your risk of life-threatening health conditions.
- Monitoring your cholesterol is an important part of maintaining a healthy diet and an active lifestyle.

Your Imprint Here!

PULL

Setting Goals

Heart Healthy Living

Exercise

Cholesterol Ratio

Triglycerides

Heart Attack Warning Signs

Stroke Warning Signs

Eating Right

Eating a heart-healthy diet can help lower your cholesterol and reduce your chance of illness.

- Eat a balanced diet with plenty of vegetables, fruits, whole grains, and lean meat.
- Choose fish, poultry (without skin), and leaner cuts of red meat instead of fatty ones.
- Avoid whole-milk products; choose 1 percent fat or nonfat milk products instead.
- Use sugar sparingly and limit alcohol use.
- Consume no more than 30 percent of daily calories from fat.
- Limit sodium intake to 2,300 mg per day (or less if your doctor recommends it).



Foods to Avoid

- Saturated fats, found in animal products (such as meat, butter, and cheese) and oils from tropical plants (such as coconut, palm, and palm kernel oils). These fats can raise your level of "bad" LDL cholesterol.
- Trans fats, found in commercially baked cookies and cakes; salty snack foods, such as chips; some margarines; commercially fried foods; and packaged or canned foods.

Good Fats

- Foods that contain monounsaturated fats can improve levels of "good" HDL cholesterol.
- Monounsaturated fats are found in olive oil, other vegetable oils, nuts, and avocados.
- Substituting monounsaturated fats for other fats can reduce the risk of heart disease.

- Your doctor will evaluate your cholesterol numbers and help you set a treatment plan if necessary.
- If you cannot control your cholesterol through diet and exercise, your doctor may prescribe cholesterol-lowering medicine.
- If you have other health risks, your doctor may recommend a more rigorous plan of action.

Checkups

PocketSlider®

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2. Gently pull tab with other hand until inside card slides smoothly.
3. Pull tab until dot lines up on desired topic.
4. View reference tips in dot call window.



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PULL / PUSH

High Cholesterol Pocket Doc Library Patient Guide

National Library of Medicine (U.S.)



High Cholesterol Pocket Doc Library Patient Guide:

National Library of Medicine Current Catalog National Library of Medicine (U.S.),1986 *Ending the Document Game* Commission on Systemic Interoperability,National Library of Medicine (U.S.),2005 This report is all about people and using computers to connect them and their healthcare information It is a report about how we get consumers and clinicians to use these tools how we pay for them and what we want the computers to do But computers are only a tool a means to an end We have focused this report on computers because they seem to be the best tool and maybe the only tool that will allow the nation to change the way healthcare works This report articulates a vision of an information connected healthcare system where consumers privacy is protected and their convenience facilitated where doctors and nurses have the information they need to efficiently deliver safe and effective care where our public health and homeland security can be protected while still guarding each individual s privacy The report recommends specific actions and broader policy objectives all with the goal of allowing healthcare to effectively use computers and information technology If followed the Commission s recommendations will accelerate healthcare s transformation From Foreword **Your High Cholesterol** Randy Shields,William Frishman,1996-10 Pocket Doc TM Library Patient Guides are the first books that present patients with important support information that doctors and pharmacists may not have time to provide including vital treatment plan charts that patients need to keep Patient Guides tell patients the most important things they need to know and what they need to do Patient Guides help patients Learn their complete treatment plan Tell if their therapy is going well or wrong Keep important medical records Monthly Catalog of United States Government Publications , **Current Catalog** National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 The Advocate ,2005-01-18 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States Info Memo ,1991 *Library Journal* ,1996 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **Adult Nutrition Education Materials, January 1982 - October 1988** Holly Berry Irving,1989

Investing In Your Health... You'll Love The Returns Will Shelton,2018 This book examines current diets to help you make decisions about your eating style as well as taking a look at sleep patterns in association with our overall health Health and physical education warrant a bigger role in our children s overall health and well being One of the chapters is entitled Games People Play which focuses on games you played growing up Will Shelton is deeply concerned that some neighborhoods including parks are too violent for youth to play in He presents some innovative ideas that can help curtail violence in neighborhoods We need to bring back pride as a core value in some neighborhoods so youth have a vested interest in their respective neighborhoods by creating jobs safe parks and recreational centers better teachers principals other school staff school curriculum mentorship programs rites of passage programs violence prevention programs better

training of police and dramatically stop how guns drugs and other weapons enter neighborhoods Will Shelton Will Shelton s book Investing in Your Health You ll Love the Return is an insightful and innovative look at our personal health status and how we can improve it It examines why we eat the foods we select It answers the following questions and so much more What can we specifically do to defeat the 1 Killer of Americans using empirical data Is healthcare a right or privilege What are the factors that are affecting our health What cellular Master Switch can be turned on by eating the right kinds of foods to prevent diabetes obesity heart disease and other diseases How do you unlock the subconscious mind to health wealth and contentment Why Financial Principles are a requirement for total health happiness Why is generational health and wealth a vital legacy in terms of passing the Torch of Health and Wealth to this generation of youth How does the Glycemic Index help lower sugar intake How can Stress Busters techniques and activities help with stress You are a cornucopia of endless treasure Now is the time to claim your treasure by Investing In Your Health You ll Love the Returns Reference Books Bulletin, 1986-1987 Penny Spokes,Sandy Whiteley,1988 **Advanced Medical Nutrition Therapy** Kelly Kane,Kathy Prelack,2018-03-13 Medical Nutrition Therapy introduces the fundamentals of nutrition assessment and therapy and revisits this concepts throughout the changing context of various disease states The text utilize a cased based approach which incorporates problem based learning and engages the reader in various clinically based scenarios after discussing the core science of the subject matter Each chapter opens with a case study and details and further information from the case are woven throughout the chapter in order to reinforce the relevance of various topics Chapter cases go on to discuss how the nutrition care process can be applied to the case *Reference Books Bulletin, 1983-1984* American Library Association. Reference Books Bulletin Editorial Board,1985 *Information Guidance Series* United States. Office of Information for the Armed Forces,1974 **San Diego Magazine** ,2005-05 San Diego Magazine gives readers the insider information they need to experience San Diego from the best places to dine and travel to the politics and people that shape the region This is the magazine for San Diegans with a need to know *Library Journal/School Library Journal Previews* ,1972 Includes three times a year Audiovisual guide previously issued as part of Library journal **Not what the Doctor Ordered** Jeffrey C. Bauer,1998 Food and Nutrition Information and Educational Materials Center catalog Food and Nutrition Information Center (U.S.),1976 Defense information guidance series United States. Department of Defense,1978 **Paperbound Books in Print** ,1991

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