



## Taking Three To Heart: Know The Cholesterol Three ®

(NAPSA)—Some important health issues also come in threes. Cholesterol, for instance.

Cholesterol is a type of fatty substance, also known as a lipid. Your body makes cholesterol, but it also comes from some foods you eat. Your body needs some cholesterol to function, but the wrong amounts of cholesterol can put you at risk for heart disease, heart attack or stroke. Here are the facts:

HDL (high-density lipoprotein) is “good” cholesterol because it carries cholesterol from the arteries to the liver, where it’s removed from the body. While having low levels of HDL may increase your risk for heart disease, high levels of HDL seem to protect against heart disease. You can help increase your HDL levels through lifestyle changes such as getting more physical activity and choosing healthier fats like those that are found in olive oil, nuts and fish.

LDL (low-density lipoprotein) is considered the “bad” cholesterol. If too much LDL is in the blood, it can build up in your arteries. Together with other substances, LDL forms plaque that can restrict blood flow to your heart and brain. Having high levels of LDL in your blood can lead to heart disease, heart attack or stroke.

Triglycerides, often called “trigs,” are the third main part of cholesterol. Trigs are produced in the liver and also come from foods that you eat. Like LDL, high lev-

els of trigs may contribute to the narrowing and hardening of arteries, making it hard for blood to flow. And, in fact, many people with a high triglyceride level often have high bad cholesterol and low good cholesterol.

“It’s important to address the three main types of lipid levels. You need to pay attention to high LDL and triglyceride levels, and low HDL levels,” says Dr. Peter Alagona, associate professor of medicine and radiology at Penn State College of Medicine and Program Director, General Cardiology at Penn State Heart and Vascular Institute.

Try these practical tips to raise your HDL and lower LDL and trigs:

1. Cook low fat: bake, broil, grill, steam, poach or boil.
2. Exercise: It’s okay to break it into three 10-minute segments.
3. Don’t skip meals: It can make you hungry and lead you to overeat.
4. Read nutrition labels to avoid harmful saturated fats and trans-fat.
5. If your doctor has prescribed medication, set the alarm of your cell phone as a reminder of when it’s time to take it.

“A heart-healthy diet, moderate exercise and, for some people, medications are the keys to managing and maintaining your lipid levels,” says Dr. Alagona. You can learn more about cholesterol management at [www.GetTheCholesterolFacts.com](http://www.GetTheCholesterolFacts.com).