

Making a Plan

What goal(s) can you set for yourself now?

Before my next visit, I am going to:

- Begin losing some weight
- Start being more active
- Cut back on my use of alcohol
- Begin changing what I eat
- Quit or decrease my use of tobacco
- Take medicine as told by my doctor

Is there someone who can help you in reaching your goal(s)?

Name(s): _____

More Help

For more information about high cholesterol and heart disease, visit www.americanheart.org or www.startwithyourheart.com.

To find heart centers, lipid management centers for cholesterol, and hypertension management centers for high blood pressure, visit www.ncgoodhealthdirectory.com.

For assistance in quitting tobacco use, call the NC Quitline at: **1-800-QUIT-NOW (1-800-784-8669)** or get online counseling at www.smokefree.gov.

We thank the Starting the Conversation Partners



UNC
CENTER FOR HEALTH PROMOTION
AND DISEASE PREVENTION

Starting the Conversation

Are you ready to take steps to **lower your cholesterol?**

- I'm ready to make changes to lower my cholesterol, and I would like help.
- I'm not sure if I'm ready to make changes to lower my cholesterol, but I would like to start the conversation.
- I'm not ready to make any changes to lower my cholesterol at this time.

Lower your cholesterol now.

Lower your cholesterol for life.



Remember who you're saving your life for!

Test your knowledge

Facts about cholesterol

Do you know what cholesterol is?

- Yes No Not Sure



- It is a waxy fat-like substance found in the bloodstream and in all cells of the body.
- The body needs some cholesterol to work properly.
- Too much cholesterol in the bloodstream can increase your risk of heart disease and stroke.

Do you know that there are two kinds of cholesterol?

- Yes No Not Sure



- The “good” cholesterol is called HDL; a high level of HDL protects against heart disease and stroke.
- The “bad” cholesterol is called LDL; a high level of LDL can increase the chance of heart disease and stroke.
- Your total cholesterol is made up of good cholesterol and bad cholesterol, as well as some other components.

Do you know what your total cholesterol means?

- Yes No Not Sure



- A total cholesterol less than 200 means you are at low risk for heart disease and stroke.
- A total cholesterol between 200 and 240 means you are at medium risk for heart disease and stroke.
- A total cholesterol higher than 240 means you are at high risk for heart disease and stroke.

Do you know what your total cholesterol is?

- Yes No Not Sure



- If you don't know, ask your doctor to do a simple blood test to find out your total cholesterol, as well as your good (HDL) and bad (LDL) cholesterol levels.
- All adults should have their first cholesterol test at age 20. The test should be repeated every 5 years unless the doctor feels that it should be done more often.

It is _____.

Tips to lower your cholesterol

Follow a healthy eating plan.

- Some of your cholesterol is made by your body and the rest comes from the food you eat.

- Eat more fruits, vegetables, and beans every day, and fewer foods that are high in animal fat (meat, butter, cheese, processed foods).
- Use vegetable oils like canola for cooking instead of butter or lard.
- Cut back on snack foods like chips, crackers and cookies to avoid trans fats.

Get active and stick with it.

- Even moderate-intensity activities, if done daily, can help reduce your risk of heart disease and stroke.
- Being active can be fun and give you more energy.

- Start by getting 10 minutes of activity daily and work up to 30 minutes of activity (like brisk walking) every day.
- Find a friend and make a plan to be active together.

Lose any extra pounds you might have.

- Being overweight raises your total cholesterol.
- Being overweight also lowers “good” cholesterol.

- Make gradual changes that you can live with.
- Lose the pounds slowly (1 or 2 pounds per week) until you reach your goal weight.
- Eat healthy meals at home with family and friends instead of eating out.
- Reach for a healthy, low-fat snack when you are hungry.

Limit alcohol use.

- Too much alcohol can raise your cholesterol.
- A drink is defined as 12 ounces of beer, 5 ounces of wine, or 1 ounce of 100 proof whiskey.

- If you drink alcohol, limit yourself to no more than 1 drink per day if you are a woman and no more than 2 drinks per day if you are a man.

Avoid tobacco use and secondhand smoke.

- Tobacco use and exposure to secondhand smoke increase your risk of heart disease and stroke.

- If you use tobacco, talk to your doctor about ways to help you quit.
- Call the NC Quitline at 1-800-QUIT-NOW (1-800-784-8669) for help with quitting. The NC Quitline is available every day from 8:00 a.m. until midnight, with services offered in English and Spanish.