

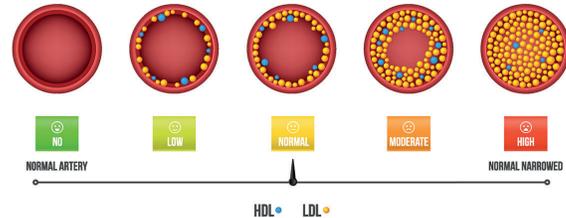
# The Truth About Cholesterol

You might have heard the phrase, “Know Your Numbers.” These important numbers include your blood pressure, blood sugar and cholesterol. Knowing these numbers is important to assess your risk for heart disease and stroke. In this newsletter, we will focus our attention on learning how to keep your cholesterol in check. The only way to know your cholesterol levels is to have them checked by your primary care provider.

## Understanding Cholesterol

Cholesterol is a waxy, fat-like substance found in the cells of the body, used to make Vitamin D and hormones as well as aid in digestion. Cholesterol is naturally produced in the liver but can be found in the foods we eat, such as dairy products, poultry and animal sources like meat. Having too much cholesterol, though, can pose a problem to your heart health.

You might have heard people describe cholesterol levels using the terms “good” and “bad.” There are two types, one of which is low-density lipoprotein (LDL) cholesterol, considered “bad” cholesterol because it causes fatty buildup or plaque along the artery wall. It causes the narrowing of the arteries and increases the risk for heart attack, stroke and peripheral artery disease. The other type is high-density lipoprotein (HDL), which is



“good” cholesterol and plays a vital role in maintaining the structure of the cells and blood vessels that help protect against heart attack and stroke.

## Control Your Cholesterol

Here are a few lifestyle changes you can make to control your cholesterol, help increase your levels of ‘good’ cholesterol and lower your ‘bad’ levels of cholesterol:

- **Modify your diet** — Eat fewer foods high in saturated fat, such as dairy products, processed foods, animal sources (beef, poultry, pork), and snacks like chips and cookies. Instead, fill your plate with more whole grains, vegetables and fruits.
- **Increase physical activity** — Regular physical activity can help improve your cholesterol levels and increase your “good” cholesterol.
- **Quit smoking** — One of the most important things you can do for heart health is to quit using tobacco products. Want free help to quit smoking? Call the Nevada Tobacco Quitline at 1-800-Quit-Now.

To learn more about cholesterol, visit

[www.heart.org/en/health-topics/cholesterol/about-cholesterol](http://www.heart.org/en/health-topics/cholesterol/about-cholesterol)

## INSPIRATIONAL QUOTE

**“Success is not final;  
failure is not fatal; it is  
the courage to continue  
that counts.”**

— Winston Churchill

## COVID-19 RESOURCES

Up-to-date COVID-19 information

[www.snhd.info/covid](http://www.snhd.info/covid) or [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

COVID-19 testing sites

[www.snhd.info/covid-19-testing-sites](http://www.snhd.info/covid-19-testing-sites)

COVID Trace mobile app

<https://nvhealthresponse.nv.gov/covidtrace>



To learn more about the Southern Nevada Health District's **BarberShop Health Outreach Project** and **Beauty Shop Health Outreach Project**, contact Amineh Harvey at [harveya@snhd.org](mailto:harveya@snhd.org).