

Name: **Sample Man**

Male, 51.5 years

☒ 03/21/1993 ☐ 03/21/1997

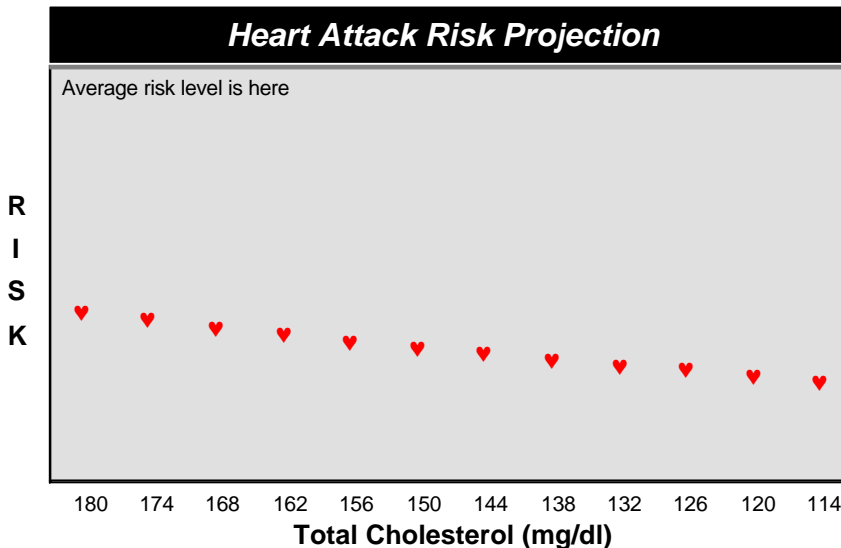
The Heart Place

Blood Cholesterol

Wellness Variable	Your Value	Poor	Fair	Good	Great
Total Cholesterol (mg/dl)	260 180	<div><div></div></div>			
HDL (mg/dl)	35 50	<div><div></div></div>			

Cholesterol is essential for life. A fat-like substance produced by the liver and found in all your cells, it is used to form cell membranes and the manufacture of hormones. All animal products contain cholesterol (e.g., meat, eggs, and milk). Even if you didn't eat any cholesterol, your liver would manufacture enough for your body's needs. Excessive amounts of blood cholesterol specifically increases risk for coronary heart disease.

HDL-Cholesterol: The "Good" Cholesterol may help carry cholesterol away from the bloodstream and back to the liver, where it is passed from the body. High HDL levels may offer protection from coronary heart disease while low levels may indicate higher disease risk.



This chart illustrates the relationship between blood cholesterol level and heart attack risk. The chart begins on the far left with your current blood cholesterol value and relative risk for dying of a heart attack as compared to other men your age.

Your risk of dying from a heart attack is decreased when blood cholesterol is maintained at a healthy level.

Action Plan

Congratulations on your healthy cholesterol level (< 200 mg/dl)! Your HDL cholesterol level is at a healthy level.

Take steps to reduce the fat in your diet. A nutritionally balanced diet that limits fat intake to 30% or less of total calories can help maintain healthy cholesterol levels. Reduce saturated fats in your diet by: Eating more fish and poultry without skin, trimming fat from meat before and after cooking, and avoiding commercially fried foods and baked goods. Eating a diet high in fiber may also help to maintain your healthy cholesterol. Excellent fiber sources include fresh fruits and vegetables, whole grain breads, and foods containing bran.

Regular aerobic exercise can help to increase HDL cholesterol. Check with your physician before increasing your physical activity level.