

“Life expectancy would grow by leaps and bounds if green vegetables smelled like bacon.”

~Doug Larson

QUICK TIPS:

If your physician prescribes a medication, take it., and continue to take it until he/she instructs you otherwise.



Cholesterol testing is becoming more convenient by the day. Your local pharmacy sells inexpensive monitoring devices that you can use between checkups.



Safety Notes

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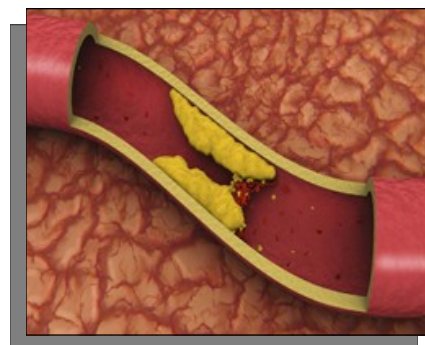


Cholesterol

The third issue in our four part “Healthy Heart” series addresses cholesterol.

Cholesterol is one of many substances that our bodies create in order to keep us healthy. This substance, like most others, only becomes a health problem when its levels are outside of normal parameters.

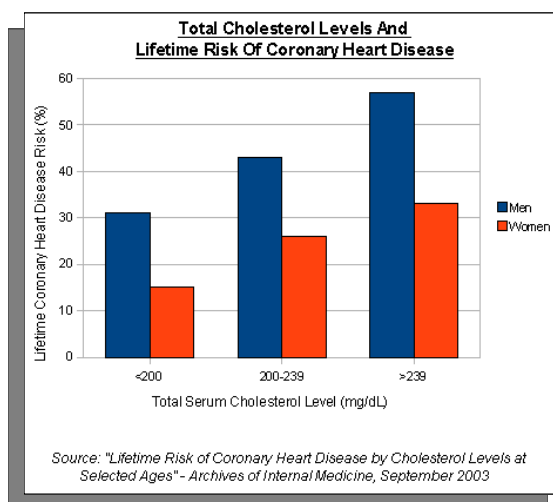
Good cholesterol (HDL) helps keep bad cholesterol (LDL) from sticking to our arteries. HDL levels, on average, should be greater than 45mg/dl. LDL levels should ideally be less than 200mg/dl. If either of these levels are out of their normal range, the risk of coronary heart disease, heart attack, and stroke is elevated. The first step in controlling your cholesterol, as with any goal, is knowing your present condition. During your next checkup, request a cholesterol check. Your levels may be fine, but it is always better to be safe than sorry.



Be Safe and Live Healthy!

Getting Started

While the methods for reducing cholesterol may sound simple, for some, they can prove to be very difficult. Lifestyle changes do not happen overnight; they often require the occurrence of a significant emotional event before meriting a response. This week’s Safety Notes link will redirect you to a website that gives lifestyle suggestions to those who are motivated to improve their health.



5 lifestyle changes to reduce cholesterol

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