

BETTER HEALTH 4 YOU

SMART LOCAL 36 BENEFIT FUND

BP, CHOLESTEROL & HEART

Cholesterol Test

What do my numbers mean?

Overview

A complete cholesterol test — also called a lipid panel or lipid profile — is a blood test that can measure the amount of cholesterol and triglycerides in your blood.

A cholesterol test can help determine your risk of the buildup of plaques in your arteries that can lead to narrowed or blocked arteries throughout your body (atherosclerosis).

High cholesterol levels usually don't cause any signs or symptoms, so a cholesterol test is an important tool. High cholesterol levels often are a significant risk factor for heart disease.

Why it's done

High cholesterol by itself usually has no signs or symptoms. A complete cholesterol test is done to determine whether your

cholesterol is high and estimate your risk of developing heart disease.

A complete cholesterol test, referred to as a lipid panel or lipid profile, includes the calculation of four types of fats (lipids) in your blood:

- **Total cholesterol.** This is a sum of your blood's cholesterol content.
- **High-density lipoprotein (HDL) cholesterol.** This is sometimes called the "good" cholesterol because it helps carry away LDL cholesterol, thus keeping arteries open and your blood flowing more freely.
- **Low-density lipoprotein (LDL) cholesterol.** This is sometimes called the "bad" cholesterol. Too much of it in your blood causes the buildup of fatty deposits (plaques) in your arteries

HEART HEALTHY

Rosemary-Peach Chicken Kebabs with Orange glaze

Kebabs

- Cooking spray
- 1 lb. boneless, skinless chicken breasts, cut into 16 pieces (1 ½")
- 2 large firm peaches cut into 16 wedges
- 1 green pepper cut into 16 wedges
- Salt & pepper

Glaze

- ¾ tsp. grated orange zest
- 3 TBS. orange juice
- 3 TBS. rosemary, chopped
- 1 ½ tsp. honey
- 1 ½ tsp. canola oil

Lightly spray the grill rack and preheat on medium. Thread the kebabs. Brush both sides with glaze (save 2 TBS). Grill 6-8 minutes. Turn over halfway through and brush with additional glaze.

Nutrition Information Per serving: 211 calories, 5.6g fat, 57mg chol, 15g carbs, 25g protein, 158 sodium

SERVINGS: 4



(atherosclerosis), which reduces blood flow. These plaques sometimes rupture and can lead to a heart attack or stroke.

- **Triglycerides.** Triglycerides are a type of fat in the blood. When you eat, your body converts any calories it doesn't need into triglycerides, which are stored in fat cells. High triglyceride levels are associated with several factors, including being overweight, eating too many sweets or drinking too much alcohol, smoking, being sedentary, or having diabetes with elevated blood sugar levels.

Who should get a cholesterol test?

Adults at average risk of developing heart disease should have their cholesterol checked every five years, beginning at age 18.

More frequent testing may be needed if your initial test results were abnormal or if you're at higher risk of heart disease because you:

- Have a family history of high cholesterol or heart attacks
- Are overweight
- Are physically inactive
- Have diabetes
- Eat a high-fat diet
- Smoke cigarettes
- Are a man older than 45 or a woman older than 55

People with a history of heart attacks or stroke require regular cholesterol testing to monitor the effectiveness of their treatments.

What do the numbers mean?

Total Chol

Below 200-desirable
200-239-Borderline high
240 and above-high

LDL

Below 70-Best
Below 100-Optimal for people at risk of heart disease
100-129-high if there is heart disease, optimal if no disease
130-159-high if there is heart disease, borderline high if no disease
160-189-very high if there is heart disease, high if there is no disease
190mg and above-very high

HDL

Below 40-poor
40-59-better
60 and above-best

Triglycerides

Below 150-desirable
150-199-borderline high
200-499-high
500 and above- very high

