

# Cholesterol

## Total Cholesterol (TC)



## Reference Range

	<b>Optimal</b> ≤ 199
	<b>Borderline High</b> 200-239
	<b>High</b> 240+

## Total Cholesterol Details

Cholesterol is a soft, waxy, fat-like substance found throughout your body, including in the bloodstream and in all of your cells. Excess cholesterol can form plaque between layers of artery walls, making it harder for your heart to circulate blood. Reduced blood flow can lead to a stroke or heart attack.

## How to Maintain or Improve

As your cholesterol gets higher, so does your risk of heart disease. Take these steps to lower your cholesterol and also talk with your doctor if you have high cholesterol.



Adding physical activity, even in 10-minute intervals several times a day can help. And remember, any activity is helpful. Even taking the stairs instead of the elevator or doing sit-ups while watching television can make a difference.



Making smart choices and simple food swaps when it comes to the fat you eat can help you keep your cholesterol levels under control. Good fats include olive oil, canola oil, and various nut oils. One type of fat — omega-3 fatty acids, found in fatty fish as well as walnuts, chia seeds, and flax seeds — is beneficial to heart health.

# Cholesterol

## HDL Cholesterol



## Reference Range

	<b>Optimal</b> 60+
	<b>Near Optimal</b> 40-59
	<b>Low</b> ≤ 39

## High-density Lipoprotein (HDL) Cholesterol Details

HDL cholesterol is the well-behaved "good" cholesterol. This friendly scavenger cruises the bloodstream. As it does, it removes harmful bad cholesterol from where it doesn't belong. High HDL levels reduce the risk for heart disease — but low levels increase the risk.

## How to Maintain or Improve

If your HDL cholesterol is low, you can take several steps to boost your HDL level and reduce your heart disease risk.



Your best bet for increasing HDL cholesterol is to exercise briskly for 30 minutes five times a week. Examples include walking, running, cycling, swimming, playing basketball and raking leaves — anything that increases your heart rate. You can also break up your daily activity into three 10-minute segments if you have difficulty finding time to exercise.



If you smoke, quit. Quitting smoking can increase your HDL cholesterol by up to 10%. Quitting isn't easy, but you can increase your odds of success by trying more than one strategy at a time. Talk with your doctor about your options for quitting smoking.