

## CHOLESTEROL: THE WAY IT WORKS

Cholesterol is a waxy, fat-like substance produced by the body and found in the foods you eat.

**There are two main types of cholesterol in the blood:**



**HDL-C** carries cholesterol from other parts of the body to the liver for removal. High levels of HDL-C are good for your heart health.



High levels of **LDL-C** lead to cholesterol buildup in arteries and are bad for your heart health.

High levels of triglycerides, the most common type of fat in the body, also lead to cholesterol buildup in arteries and contribute to your total cholesterol score.

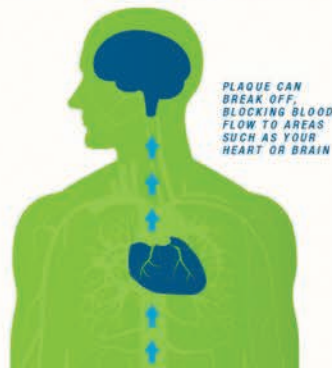
Check out the infographic below to discover how high cholesterol affects your health.

To view this infographic, make sure your email is set to download all images.

### WHY IT MATTERS

KEEPING YOUR CHOLESTEROL LEVELS HEALTHY IS A GREAT WAY TO KEEP YOUR HEART HEALTHY

HIGHER LEVELS OF LDL AND LOWER LEVELS OF HDL CAN INCREASE YOUR RISK FOR ATHEROSCLEROSIS — PLAQUE BUILDUP IN YOUR ARTERIES



PLAQUE CAN BREAK OFF, BLOCKING BLOOD FLOW TO AREAS SUCH AS YOUR HEART OR BRAIN

COMPARED TO THOSE WITH NORMAL CHOLESTEROL, PEOPLE WITH HIGH CHOLESTEROL HAVE A HIGHER RISK OF A HEART ATTACK, STROKE, AND OTHER HEALTH PROBLEMS

### Take action

Be sure to keep track of your cholesterol levels and understand some of the ways to manage your risk for a major cardiovascular event:



Eat a healthy diet



Stay physically active



Maintain low LDL-C levels