

# HIGH CHOLESTEROL

When there is too much cholesterol—a fat-like substance—in your blood, it builds up in the walls of your arteries and increases your risk of developing heart disease. Know your total cholesterol, your LDL (bad) cholesterol, and your HDL (good) cholesterol, and triglycerides. Make an appointment to get tested.



HIGH CHOLESTEROL BY AGE ( $\geq 200$  MG/DL)

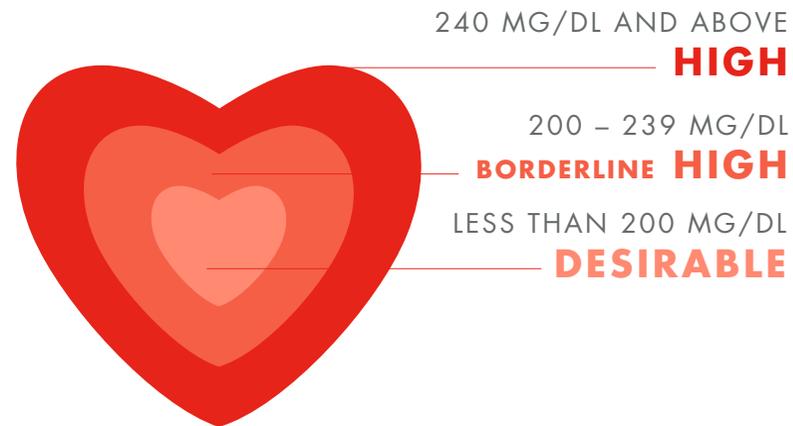


## High Cholesterol

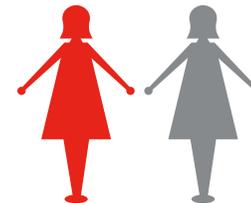
- National Center For Health Statistics. [2009-2012]. *National Health and Nutrition Examination Survey*.
- National Center for Health Statistics. (2007-2010). *National Health and Nutrition Examination Survey*.
- National Center for Health Statistics. (2005-2008). *National Health and Nutrition Examination Survey*.
- National Heart, Lung, and Blood Institute, National Cholesterol Education Program (2002). *Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) final report*.

## TOTAL CHOLESTEROL NUMBERS

NOTE: CHOLESTEROL IS MEASURED IN MILIGRAMS PER DECILITER (MG/DL).



**NEARLY 1 IN EVERY 2**  
AMERICAN WOMEN HAS HIGH OR  
BORDERLINE HIGH CHOLESTEROL.



HeartTruth.gov

