Living Well Tip of the Week

Buildup of plaque in the arteries that supply the heart begins in late adolescents & early adulthood. (National Cholesterol Education Program)

What Causes High Cholesterol?

Uncontrollable Risk Factors
• Age
• Gender
• Heredity

Controllable Risk Factors
• **Poor Diet:** Unhealthy foods most likely to raise your LDL (bad) cholesterol are those that contain saturated fat & trans-fat.
• **Lack of Exercise:** Lack of physical activity can lead to high LDL cholesterol. Regular exercise can increase HDL (good) cholesterol as well as lower LDL cholesterol.
• **Being Overweight:** Overweight people often don’t have enough HDL (good) cholesterol, and their triglycerides are often too high.
• **Smoking:** Smoking can lower HDL (Good) Cholesterol Levels.
• **Stress**

Go to the Living Well Health Manager powered by WebMD Cholesterol Lifestyle Center for information, tips & the latest research on ways to lower your cholesterol!