



# HDL vs. LDL cholesterol: Keep it up ... and down



When it comes to your cholesterol, you have to consider the good with the bad.

*If you haven't already, call your health care provider to schedule a cholesterol screening.*

High-density lipoprotein, HDL cholesterol, is known as "good" cholesterol because high levels of HDL seem to protect against heart attack. On the other hand, too much low-density lipoprotein, or LDL (bad) cholesterol, circulating in the blood can clog your arteries, increasing your risk of heart attack and stroke.

### Follow these tips to keep HDL up and LDL down:

- Eat foods low in saturated and trans fats and cholesterol
- Achieve or maintain a healthy weight
- Take medication, if needed, as prescribed
- Get regular physical activity
- Follow your health care professional's recommendations
- Commit to improve and maintain your health

Source: American Heart Association

# September 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**By keeping up a proactive approach, you can keep total cholesterol down.** Use the Personal Health Manager's features to track your cholesterol test results —available to you through Blue Access® for Members.