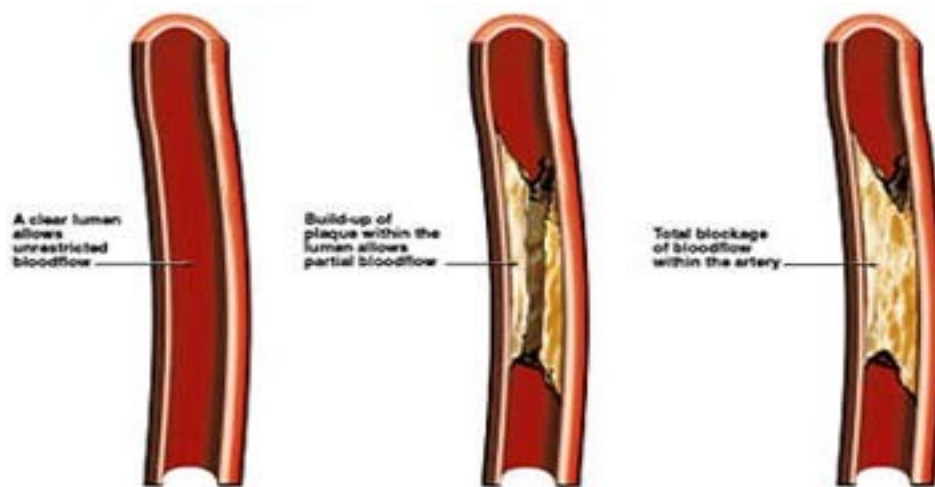


## Health Minute

Know your numbers...

Participating in your health care is an important component of heart health. Knowing your blood cholesterol level helps you to understand if you are at risk for heart disease or stroke. Today you need to know more than your total cholesterol. You also need to know your HDL (good) cholesterol, LDL (bad) cholesterol, and triglyceride numbers. Low good cholesterol can be just as risky as high bad cholesterol. Once you know your numbers talk with your doctor about what your cholesterol goals are and what you can do to achieve them. Diet and lifestyle are important but cholesterol medications may also be appropriate. Whatever your goal is, your heart will thank you for reaching it!



<b>Cholesterol-lowering lifestyle</b>	<b>Natural cholesterol support</b>
<p>If you smoke, quit.            Read food labels – eliminate foods high in cholesterol and trans fats            Perform 30 to 60 minutes of physical activity most days of the week</p> <p>✓ If you have fewer than 2 risk factors for heart disease, your goal is less than 130</p>	<p>Light cranberry juice cocktail can increase HDL (good) cholesterol            Fish oil can lower triglycerides            Oatmeal can lower total cholesterol            Soy stanols added to food can lower cholesterol</p> <p>✓ If you have 2 or more risk factors for heart disease or are diabetic your goal is less than 100 (sometimes less than 70)</p>

Come visit us at the Charlotte County Medical Society Expo Wednesday March 28 from 9am to 4pm!