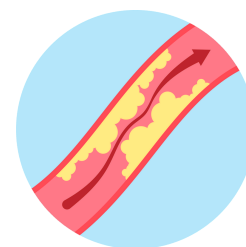# What is Cholesterol?

Cholesterol is a sticky, fat-like substance made by your liver. Blood. cholesterol is essential for good health. Your body uses cholesterol to make hormones and help digest food.

Your body makes all the cholesterol it needs, which is why it's best to eat as little extra cholesterol as possible. Extra cholesterol comes from animal foods like meat, eggs, and dairy.

Understanding Cholesterol Numbers

When you get your cholesterol checked, it's measured in milligrams per deciliter (mg/dL) of blood. The test usually looks at:

- **LDL ("Bad" Cholesterol):** Too much of this can cause your arteries to get clogged, which can lead to heart problems or stroke.
- **HDL ("Good" Cholesterol):** This kind helps protect your heart.
- **Triglycerides:** A type of fat your body uses for energy. High levels can raise your risk for heart attack or stroke.
- **Total Cholesterol:** The overall amount of cholesterol in your blood, including HDL, LDL, and triglycerides.

LDL "Bad" Cholesterol + HDL "Good" Cholesterol + Triglycerides = Total Cholesterol

What is Considered High Cholesterol?

Total Cholesterol > **Over 200 mg/dL**

High cholesterol means your total cholesterol level is **over 200 mg/dL.**

What Causes High Cholesterol?

Being Overweight

Eating Unhealthy

Being Inactive

Family History

EISNER HEALTH

Why is having High Cholesterol Bad?

High cholesterol can cause something called plaque to build up in your arteries, making them narrow and blocking blood flow. This can lead to chest pain, heart attacks, or strokes. High cholesterol is a big reason for heart disease and stroke, two of the top causes of death in the U.S.
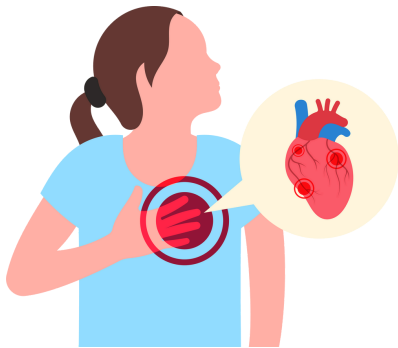
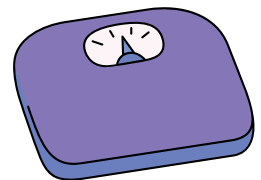**High Cholesterol can cause heart attacks and strokes.**

How to Prevent High Cholesterol

Eat A Heart-Healthy Diet

Exercise Regularly

Lose Weight

Don't Smoke!

Medication, if needed

How is Cholesterol Tested?

Your medical provider can test cholesterol levels with a blood test called a lipid profile. This test measures your levels of total cholesterol, low-density lipoprotein (LDL or "bad" cholesterol), high-density lipoprotein (HDL or "good" cholesterol), and triglycerides. **To schedule an appointment, call us at** (213) 747-5542.