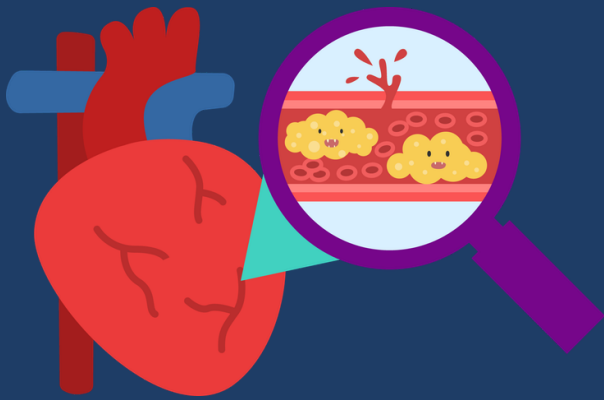


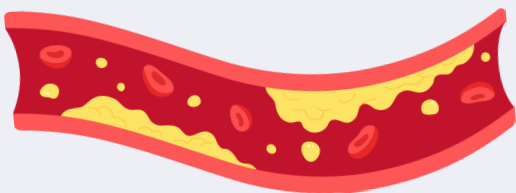
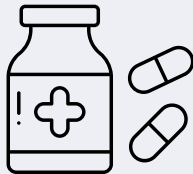


High Cholesterol

High cholesterol is a condition with abnormally high levels of fats in the blood, often exceeding 200 mg/dL. It can cause no symptoms while increasing risks for heart attack and stroke.

Prevention/Management

- Dietary changes
 - Reduce saturated fat
 - Avoid trans fats
 - Eat more fiber-rich foods
- Weight loss
- Exercise at least 30 minutes daily
 - Walking/running
 - Cycling
- Medications
- Regular screening



What Causes High Cholesterol?

- Lifestyle Factors
 - High Consumption of saturated fats and trans fats
 - Lack of exercise
 - Obesity
 - Smoking
- Dietary Sources
 - Red meat
 - Fried foods
- Biological Factors: Genetics, thyroid issues, and age



Complications of High Cholesterol

- **Atherosclerosis:** buildup of plaque in artery walls
- **Heart Disease/Heart Attack:** narrowed or blocked coronary arteries
- **Stroke:** blocked blood flow to the brain
- **Peripheral Vascular Disease:** reduced blood flow to limbs