



Healthy Heart Club

**Welcome to today's
class!**





Cholesterol:

Knowing your numbers and reducing your risk



Today we will discuss...

- What normal cholesterol levels should be
- Five ways to help control cholesterol
- How your doctor and pharmacist play key roles in your health



What is blood pressure?

- ◆ Blood pressure is a measurement of how hard our blood pushes against our blood vessels

Our goal for blood pressure: **120 / 80**

- ◆ **Top Number: Systolic**
 - ◆ Blood pressure during a heart beat
- ◆ **Bottom Number: Diastolic**
 - ◆ Blood pressure while the heart is resting

What are my goals for blood pressure?

The American Heart Association (AHA) defines blood pressure as:

Normal: less than 120 / 80

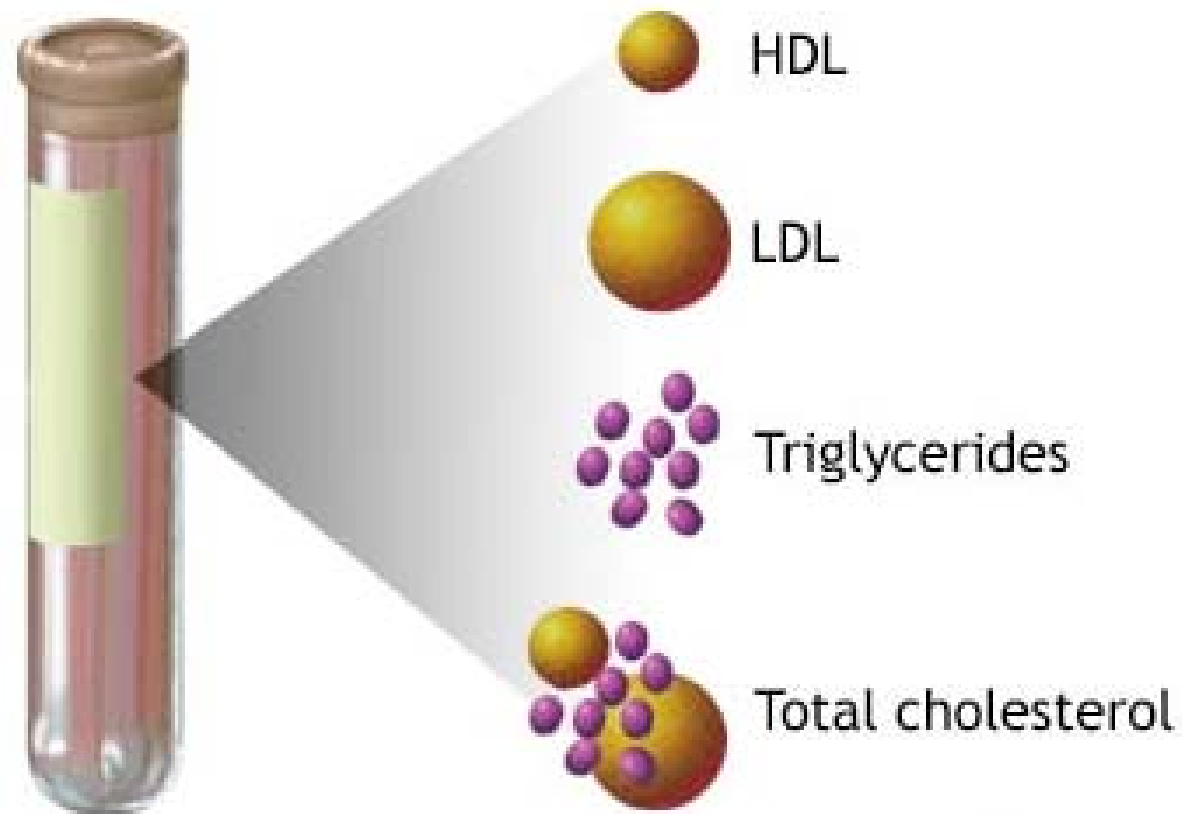
Pre-hypertension: 120–139 / 80-89

Hypertension: 140/90 or higher

High blood pressure directly increases the risk of coronary heart disease (which leads to heart attack) and stroke, especially along with other risk factors.

Blood work?

A lipoprotein profile measures the level of cholesterol in the blood



What is cholesterol?

Cholesterol is a soft, waxy substance located in veins, arteries, and in all your body's cells.

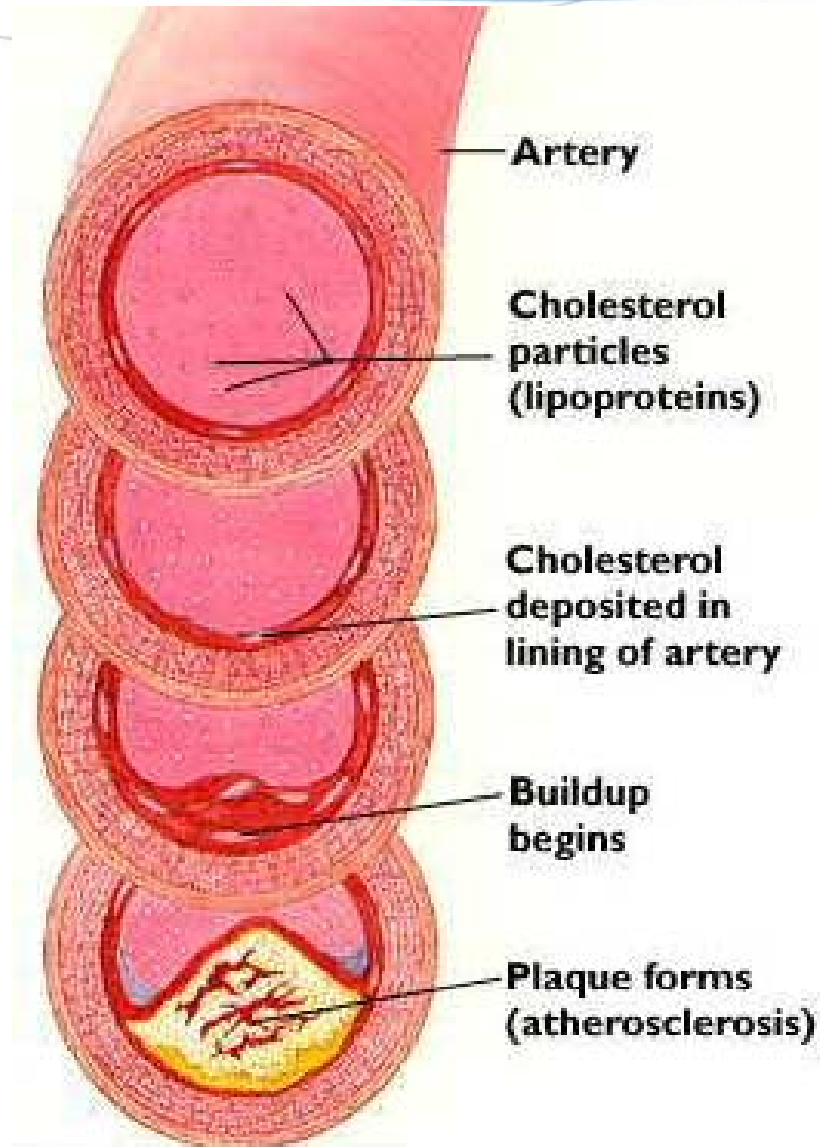
- An important part of a healthy body
- Too much can cause heart attacks or stroke

Cholesterol can't usually move from cell to cell by itself. It needs a transporter, or vehicle, to move it

- LDL
- HDL



What is Cholesterol?



What are My Goals for Cholesterol?

The American Heart Association (AHA) defines normal cholesterol as:

LDL (Lousy Cholesterol): less than 100

Total Cholesterol: Less than 200

HDL (Happy Cholesterol):

Men: greater than 40

Women: greater than 50

Triglycerides (form of fat): less than 150



Source: American Heart Association



What is LDL?

Low Density Lipoprotein (LDL) is the major vehicle for cholesterol in the blood

- Think about a transporting truck!
- Too much LDL can cause cholesterol to build up in the arteries, eventually causing a clog or blockage
- If a blockage occurs, blood can't flow to the heart and/or brain



What is HDL?

High Density Lipoprotein (HDL), or 'happy cholesterol,' also works as a transporter

- Takes cholesterol away from the arteries and to the liver, where it belongs!

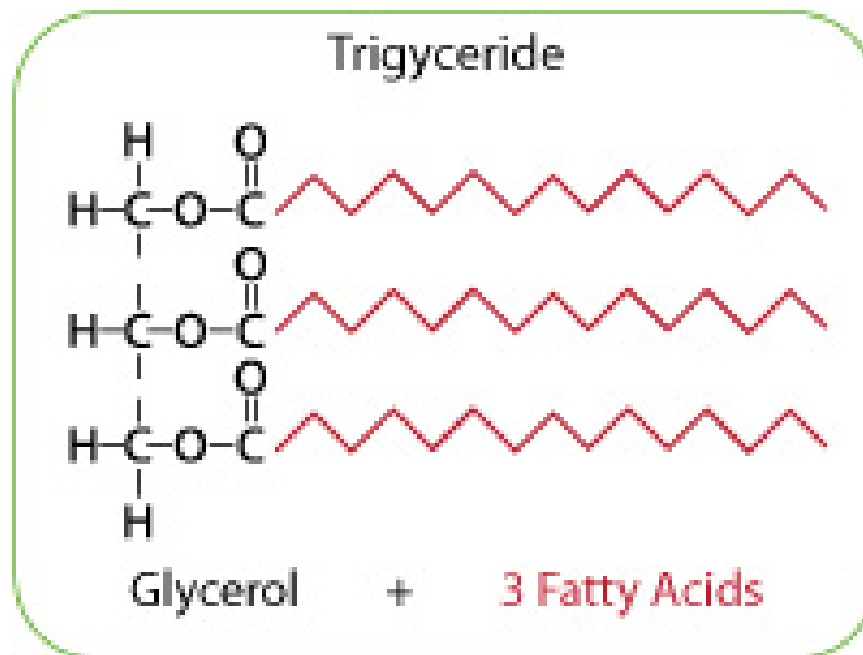
- Too little HDL can increase your risk for a stroke

High Density Lipoprotein (HDL), or 'good cholesterol,' also works as a 'taxi'



What are Triglycerides (TG)?

- Triglycerides are composed of fatty acid molecules. They are the basic chemicals contained in fats in both animals and plants.



5 Ways to Improve Your Cholesterol

1. Watch what you eat

- ◆ Avoid saturated and trans fats
- ◆ Increase the amount of fiber you eat each day
- ◆ Eat no more than six ounces of lean meat, fish and poultry per day
- ◆ Use fat-free and low-fat dairy products



5 Ways to Improve Your Cholesterol

2. Begin an exercise program

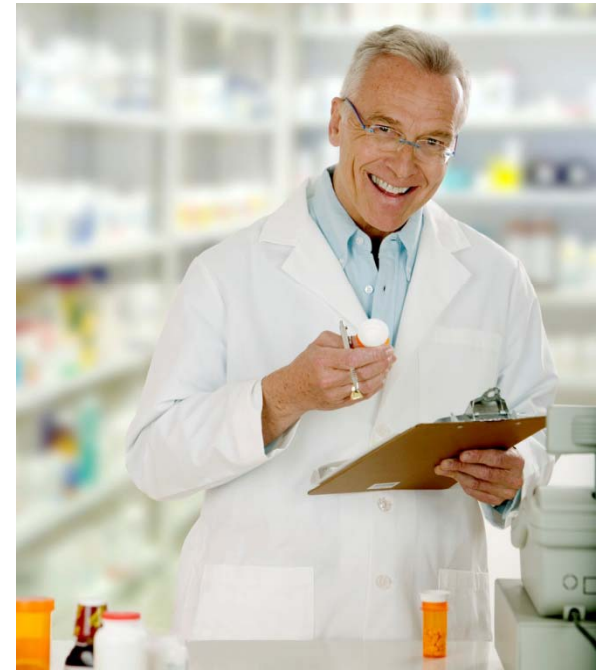
- ◆ Exercising may increase HDL (good cholesterol) in some patients
 - ◆ Start a daily exercise program
 - ◆ Aim for at least 30 minutes per day
- ◆ Pace yourself
 - ◆ Talk to your doctor before beginning a program
 - ◆ Start slow and work towards your goal



5 Ways to Improve your Cholesterol

3. Take your medicine every day

- ◆ Try not to skip any doses
- ◆ Talk to your independent pharmacist about each of your medications
 - ◆ Know why each of them have been prescribed for you
- ◆ Ask your pharmacist how you should take each medicine
 - ◆ Taken with food?
 - ◆ Taken alongside other medications?



5 Ways to Improve Your Cholesterol

4. Stop Smoking today

- Tobacco smoke is a major risk factor for heart disease
 - Lowers HDL cholesterol levels
 - Increases the tendency for blood to clot
 - Also a risk factor for many other diseases
 - Cancer
 - Asthma
 - COPD



Talk to one of our pharmacy staff about how we can help you 'quit the pack' today!

5 Ways to Improve Your Cholesterol

5. Work with your doctor and pharmacist to develop the best plan for you.

The Doctor

- 💧 Ask your doctor about each of your cholesterol numbers

The Pharmacist

- 💧 Develop a medication plan with your pharmacist
 - 💧 Information
 - 💧 Encouragement
 - 💧 Work with your doctor and pharmacist to develop a diet and exercise plan that works for you

Points to remember

- ◆ Cholesterol can increase the risk of heart attacks and strokes
- ◆ Through diet, exercise, medications, and not smoking, you can drastically reduce your risk of heart disease
- ◆ Your doctor and pharmacist play key roles in your health!



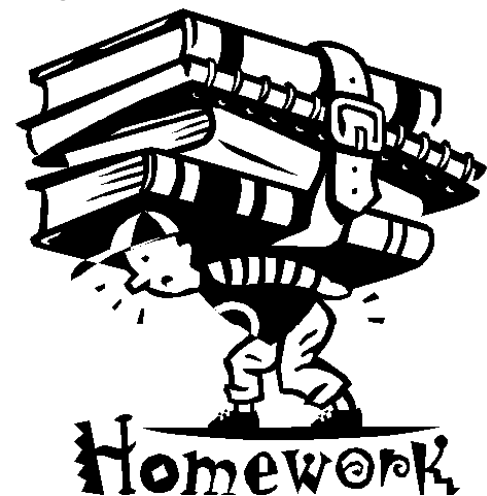
Eggs: Are they Nutritious?

- ◆ If you are healthy, it is recommended you limit dietary cholesterol to less than 300mg / day.
- ◆ If you have cardiovascular disease, diabetes or a high low-density lipoprotein (LDL, or "bad") blood cholesterol level, you should limit your dietary cholesterol intake to less than 200 mg a day.
- ◆ One large egg has about 213 mg of cholesterol — all of which is found in the yolk. Therefore, if you eat an egg on a given day, it's important to limit other sources of cholesterol for the rest of that day.

Your Homework

- ◆ When was your last Cholesterol screening?
 - ◆ Understand your numbers!
- ◆ Work with your doctor and pharmacist to create a healthy eating and exercise plan
- ◆ Talk to your pharmacist about each of your medications this month

Be sure to bring a friend next month



Question Pot™ Time

- Let's take a look at your questions!
 - Remember, there are no bad questions!
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