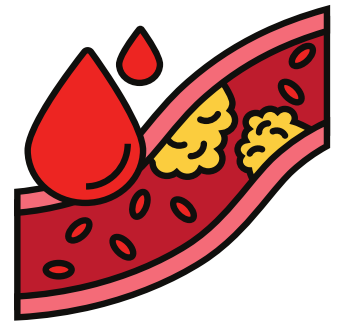


What is cholesterol?

➤ A **fat-like substance** in your blood. Too much can **clog your arteries and make a heart attack or stroke more likely.**



LDL “Bad”  **cholesterol** + **HDL** “Good”  **cholesterol** + **triglycerides** = **total cholesterol**

What causes high cholesterol?



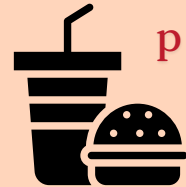
being
overweight



family
history



being
inactive



poor
diet

What you can do!

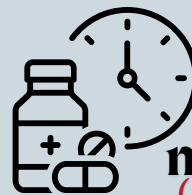


lose
weight

don't
smoke



get
regular exercise



medication
(from your provider)



eat a
heart-healthy diet

Other Cholesterol screening options:

Primary Care Provider

Walmart Wellness Day

- Free cholesterol screening available in North Reading call 978-664-3207

CVS Minute Clinic

- Offers cholesterol screening via appointment online



If you need help finding a primary care, call your insurance provider or your local senior center.

For more info:
www.cdc.com/cholesterol



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