



## Broward County Government Newsletter

September 2020

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### Community Care Plan, “the health plan with a heart”

#### September is National Cholesterol Education Month

##### Cholesterol Basics

- Cholesterol is waxy and fat like. It is found in your body and food. Your body makes all the cholesterol your body needs. Having too much cholesterol can build up in your arteries and the deposits can narrow them. This can lead to an increased risk of heart attack and stroke.
- Over 102 Million Americans have cholesterol levels at 200 mg/dl or greater (above healthy), while 35 million Americans have cholesterol levels at 240 mg/dl or greater (high risk for heart disease).

Source: [https://www.cdc.gov/cholesterol/cholesterol\\_education\\_month.htm](https://www.cdc.gov/cholesterol/cholesterol_education_month.htm)

##### Risk Factors for High Cholesterol

- Health Conditions: Type 2 Diabetes, Obesity, and Familial Hypercholesterolemia (FH) all increase your risk of having high cholesterol.
- Behaviors: Diets high in saturated fat and trans fat, not exercising, and smoking increase your risk of having high cholesterol.
- Family History: If you have a family history of high cholesterol, you're more likely to have high cholesterol, and might need to get checked more often.
- Age: As you age, the risk for high cholesterol goes up. You cannot clear cholesterol from the body as easily as you age.
- Gender: Until women experience menopause, they tend to have lower 'bad' cholesterol, while men always tend to have lower 'good' cholesterol regardless of age.

Source: [https://www.cdc.gov/cholesterol/risk\\_factors.htm](https://www.cdc.gov/cholesterol/risk_factors.htm)

##### Cholesterol Testing

Your doctor will have you get a blood test called a lipid profile to check your cholesterol. This test may require you to fast for 8-12 hours before without eating or drinking. Most healthy adults should get a cholesterol check every 4-6 years.

The test checks:

- Bad Cholesterol (low-density lipoprotein(LDL)): High LDL can lead to plaque in the arteries, heart disease, and stroke.
- Good Cholesterol(high-density lipoprotein(HDL)): High HDL reduces your risk of heart disease and stroke.
- Triglycerides: Used in your body for energy. High triglycerides with high LDL or low HDL can increase the risk of stroke and heart attack.
- Total Cholesterol: LDL+HDL+Triglycerides = The total amount of cholesterol in your body.

Source: [https://www.cdc.gov/cholesterol/risk\\_factors.htm](https://www.cdc.gov/cholesterol/risk_factors.htm)

**Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.**