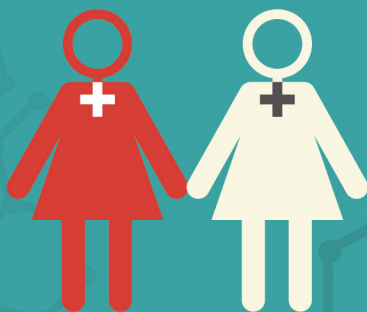


CHOLESTEROL & HEART HEALTH



1 OUT
OF
EVERY 2
WOMEN

has high or borderline
high cholesterol.



Cholesterol is found in foods you eat from animal sources.

Cholesterol (fat) + Protein
↓
LIPOPROTEIN



Low-density lipoprotein (LDL) is often called the “bad” cholesterol. It can build up in the walls of the arteries.



High-density lipoprotein (HDL) is the “good” cholesterol. HDL may remove the excess cholesterol from the plaque in your arteries.



Triglycerides are the fat in your blood. Calories from food that your body doesn't use immediately are transformed into triglycerides and stored as fat.



When there is too much cholesterol in your blood, plaque builds up in the walls of your arteries (known as atherosclerosis).

- ! This plaque buildup can cause the arteries to become narrowed, limiting the amount of blood flow to the heart.
- This could result in chest pain, **A HEART ATTACK**, or stroke.

RACE/ETHNICITY CAN INFLUENCE WOMEN'S RISK OF HEART DISEASE and play a role in informing cholesterol management and treatment.

- African American women have higher risk of atherosclerosis.
- Hispanic women are more likely to have low HDL levels compared to Hispanic men.



FAMILIAL HYPERCHOLESTEROLEMIA (FH)

Familial Hypercholesterolemia is an inherited disorder that prevents the liver from removing LDL cholesterol from the body.



MORE THAN 90% of people with FH are **undiagnosed**.

If left untreated, women are at a **30% RISK** of a heart attack by age 60.

* FH can **lead to heart disease** early in life.

WHAT YOU CAN DO TO LOWER YOUR LDL

Eat heart healthy.

Replace unhealthy saturated fat and trans fat with monounsaturated fats, which help lower LDL cholesterol without lowering HDL cholesterol.

Monosaturated fats are found in:

- olive, peanut and canola oils
- avocados
- nuts
- seeds



Try to Eat 5-9 servings of fruits and vegetables each day.



Exercise. 30 minutes on most days can help raise HDL and lower LDL and triglycerides.

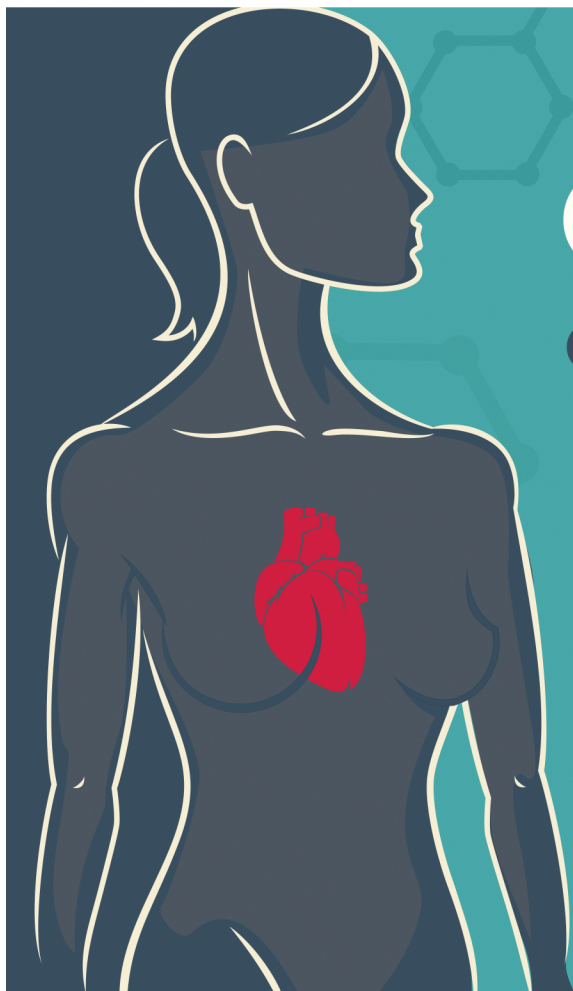


Don't smoke.



Know your cholesterol numbers. Talk to your doctor about whether your numbers are higher than advised and if you need to take steps to **manage your cholesterol**.





CHOLESTEROL & HEART HEALTH

Cholesterol is a waxy, fat-like substance found in your blood. It's an essential building block used to form your body's cells and hormones.

Too much cholesterol in your blood can increase the risk of heart disease or heart attack, as it leads to plaque build-up in your arteries.

Over time, this buildup — also known as atherosclerosis — can limit the amount of blood flow to the heart. Without enough oxygen-rich blood flow, chest pain, a heart attack, or stroke may result. Lowering cholesterol can significantly reduce the risk of a heart attack.



WOMENHEART
THE NATIONAL COALITION FOR
WOMEN WITH HEART DISEASE



WOMENHEART

THE NATIONAL COALITION FOR
WOMEN WITH HEART DISEASE

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womenheart.org



WOMENHEART: The National Coalition for Women with Heart Disease is the nation's first and still only patient centered organization serving millions of American women living with or at risk for heart disease — the leading cause of death in women. WomenHeart is solely devoted to advancing women's heart health through advocacy, community education, and the nation's only patient support network for women living with heart disease. WomenHeart is both a coalition and a community of thousands of members nationwide, including women heart patients and their families, physicians, and health advocates, all committed to helping women live longer, healthier lives. To learn more or to donate visit womenheart.org.

RESOURCES:

Familial Hypercholesterolemia Fact Sheet. (2019). <https://thefhfoundation.org/familial-hypercholesterolemia/tools-and-resources/educational-materials>

Guideline on the Management of Blood Cholesterol: A Report of the American College of Cardiology Foundation/American Heart Association Task Force on Clinical Practice Guidelines. *Journal of American College of Cardiology*; 2018. <https://www.professional.heart.org/cholesterol>

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