

# CHOLESTEROL AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT [YOURHEART.CA](http://YOURHEART.CA)



Cholesterol is a **type of fat** in your blood. Too much blood cholesterol can lead to heart disease.



Total cholesterol, triglycerides and LDL cholesterol levels **increase** after menopause.





**1 in 2** women have elevated cholesterol.




↓ LDL cholesterol by 1mmol/L = ↓ risk of heart disease by 20-25%.

## RISK FACTORS


 Diet too high in saturated fat, trans fat and cholesterol


 Being overweight


 Being inactive

 Age 60+

 Smoking


 Diagnosis of diabetes

 Diagnosis of polycystic ovarian syndrome


 Menopause

## WHAT CAN I DO?


### REDUCE YOUR **LDL** (LOW-DENSITY LIPOPROTEIN)


 Eat **more** fruits and vegetables. Aim for 7 servings a day.

 Eat **more** whole grains.


 Eat **fewer** trans fats and saturated fats.


### REDUCE YOUR **TRIGLYCERIDES**


 Eat **fewer** simple carbohydrates, such as fruit juices and sugar.

 **Reduce** your alcohol intake. Aim for fewer than 2 drinks per day and less than 9 drinks per week.


### INCREASE YOUR **HDL** (HIGH-DENSITY LIPOPROTEIN)


 Eat **more** monounsaturated fats.


 Find support to **quit smoking**.

 **Move more, sit less.** Aim for 30 minutes a day (walking, swimming, etc.).

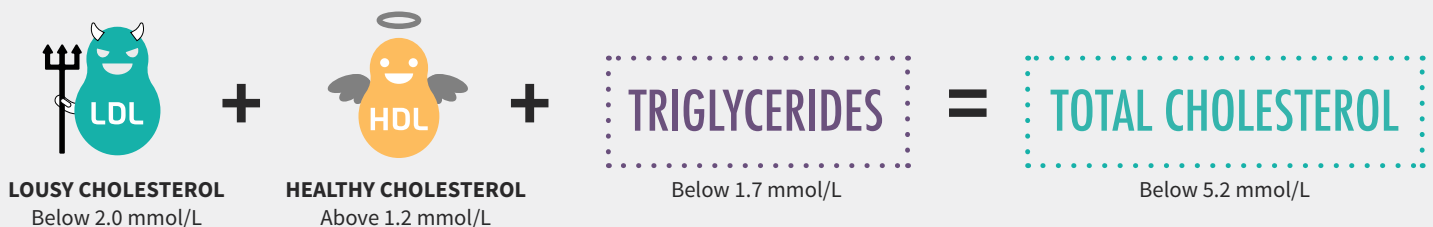
### REDUCE YOUR **TOTAL CHOLESTEROL**

 Eat **fewer** foods high in cholesterol.

 **Take** your cholesterol lowering medications as prescribed.

 Aim for a waist circumference below 88 cm.

REACHING THESE TARGET VALUES WILL **DECREASE** YOUR ODDS OF DEVELOPING HEART DISEASE BY 3x.



Download the top 5 questions to ask your healthcare provider at [yourheart.ca](http://yourheart.ca)