

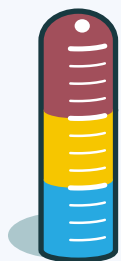
# CONTROLLING HIGH CHOLESTEROL



**Reid Health**  
Heart & Vascular Center

## Facts

### High Cholesterol



>240 or above

### Borderline-High



>200 to 239

### Best



<less than 200

LDL  
"Bad"  
Cholesterol

HDL  
"Good"  
Cholesterol

## What Causes High Cholesterol?

The  
Foods You Eat

Being  
Over-  
weight

Being  
Inactive

Age

Family  
History

Overall  
Health

## How is it Treated?

Eat A  
Heart-  
Healthy  
Diet

Lose  
Weight

Get Regular  
Exercise

Don't  
Smoke!