

# Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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## February is Heart Health Month

### Know the Facts About High Cholesterol

Cholesterol is a waxy substance that is needed by the body, but if you have too much of it in your blood, it can build up on the artery walls and can lead to heart attack or stroke, which are the leading causes of death in the United States. (<http://www.cdc.gov/cholesterol>)

People of any age can develop high cholesterol and 1 out of every 6 American adults has high cholesterol. You can't feel if your cholesterol is high, that's why you need to have your levels checked by a health care provider.

The risk factors include family history, sex and age. Those are things you can't change, however, you can change your diet, your weight and how much you exercise.



### Take steps to keep your cholesterol at a healthy level:

- Maintain a healthy weight
- Exercise regularly- this means exercising 30 minutes a day at least 5 days of the week
- DON'T SMOKE!!!
- Eat a healthy diet. Including vegetables, fruit, whole grains, poultry, fish, nuts and low-fat dairy products. LIMIT: sugar, sodium and red meat

### What types of cholesterol are there?

- **Total Cholesterol** -this is a combination of your LDL, HDL and triglycerides
- **LDL** – this is the “bad” cholesterol. The lower the number, the less risk for heart attack and stroke
- **HDL** – this is the “good” cholesterol. This cholesterol carries the “bad” cholesterol away and “cleans” your arteries, so **high** levels are good!
- **Triglycerides** – this is a common type of fat in the body. Many people who have diabetes or heart disease have high levels of this.

### For More Information:

- American Heart Association: <http://www.americanheart.org>
- National Heart, Lung and Blood Institute: <http://www.nhlbi.nih.gov>
- Centers for Disease Control: <http://www.cdc.gov>

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