

# Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

September 2020

## National Cholesterol Education Month

### What is cholesterol?

Cholesterol is the amount of fatty substance circulating in your body. Too much cholesterol can increase your risk of heart attack and stroke. Naturally the liver makes all the cholesterol we need but we also consume it from foods derived from animals, such as meats and dairy.



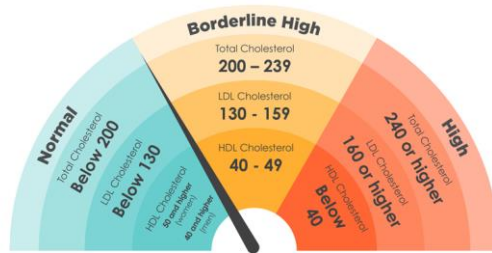
### Checking your cholesterol...

How?

- A simple blood test while fasting

When?

- High cholesterol has no symptoms. Adults over the age of 20 should be tested every 4-6 years. Adults over the age of 40 should consult with their provider to see when they should get tested according to other risks that they might have.



## Cholesterol Levels

### Prevention and Treatment

Lifestyle changes are key!!

- 1. Eating a heart healthy diet** - The best way to lower your cholesterol is to reduce saturated fat and trans fat in your diet. It should be no more than 5 to 6 percent of your daily calorie intake. Increase intake of fruits, vegetables, whole grains, poultry, fish and nuts.
- 2. Physical activity** - not exercising daily lowers HDL, the good cholesterol. That means there won't be enough HDL to decrease LDL, the bad cholesterol. It is important to have at least 150 mins of exercise per week.
- 3. Quit smoking** - smoking also lowers HDL, the good cholesterol.
- 4. Losing weight** - being over weight increases LDL, the bad cholesterol, losing weight can lower high cholesterol levels



<https://www.heart.org/en/health-topics/cholesterol/about-cholesterol>

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