

Health and Fitness News

High Cholesterol Comes From Food AND Your Family

(NAPSA)—What comes not only fried, baked, scalloped and sautéed but also from Grandpa John, Mom, and Aunt Ethel? High cholesterol.

Did you know that cholesterol comes from two primary sources? It is absorbed from the food you eat and it is naturally produced in your body, influenced by your family history.

According to the American Heart Association, over 105 million Americans have high cholesterol and, astonishingly, 60 percent of patients being treated for high cholesterol continue to have LDL (bad) cholesterol levels above recommended levels.

Eating a well-balanced diet and exercising regularly are the first steps in a healthy lifestyle to help keep your cholesterol in check. Staying away from some foods—such as Mom's deviled eggs or Uncle Al's famous cheeseburgers at the family cookout—can also help, but for many people, changes in diet and exercise are often not enough to lower cholesterol to recommended levels.

Simply stated, their bodies just naturally produce too much of the

cholesterol that can be influenced by family history.

Every adult should know his or her cholesterol levels and what their goal cholesterol levels should be. Cholesterol is a major risk factor for heart disease, the number-one killer for both men and women in the United States. Over time, deposits of excess LDL (or bad) cholesterol can form plaque on the

inner walls of the arteries that supply blood to the heart. These deposits cause the arteries to narrow and restrict blood flow, which can

result in a heart attack. While it is a serious condition, it is also treatable.

If you have high cholesterol, talk to your doctor about the two sources of cholesterol and, if appropriate, make sure to share important information such as your family's history of high cholesterol. This information is valuable as you two work together to develop a cholesterol-lowering plan that is best for you.

For more information on the two sources of cholesterol, visit www.2sourcesofcholesterol.com.

When it comes to high cholesterol, diet and exercise may not be enough to lower it to recommended levels. ®