

# Living Well Tip of the Week

Buildup of plaque in the arteries that supply the heart begins in late adolescents & early adulthood. *(National Cholesterol Education Program)*

## What Causes High Cholesterol?

### Uncontrollable Risk Factors

- Age
- Gender
- Heredity



### Controllable Risk Factors

- Poor Diet:** Unhealthy foods most likely to raise your LDL (bad) cholesterol are those that contain saturated fat & trans-fat.
- Lack of Exercise:** Lack of physical activity can lead to high LDL cholesterol. Regular exercise can increase HDL (good) cholesterol as well as lower LDL cholesterol.
- Being Overweight:** Overweight people often don't have enough HDL (good) cholesterol, and their triglycerides are often too high.
- Smoking:** Smoking can lower HDL (Good) Cholesterol Levels.
- Stress**

Go to the Living Well Health Manager powered by WebMD  
[Cholesterol Lifestyle Center](#) for information,  
tips & the latest research on ways to lower your cholesterol!

