

Living Well Tip of the Week



1 out of every 2 men & 1 out of every 3 women will develop heart disease sometime in their life. *(National Cholesterol Education Program)*

Cholesterol Screening. What is a Healthy Range?

Total Cholesterol

Less than 200 mg/dL -- Desirable

Low-Density Lipoprotein (LDL)

Called “bad” cholesterol because it can cause cholesterol buildup & blockage of your arteries

Less than 100mg/dL -- Optimal

Triglycerides

Similar LDL in that it contains mostly fat & not much protein

Less than 150 mg/dL -- Desirable

High-Density Lipoprotein (HDL)

Called “good” cholesterol because it helps prevent cholesterol from building up in your arteries

60 mg/dL or higher -- Desirable

You can use these Living Well tools to invest in your health by learning more about your specific risks and what you can do to lower them.

For more information visit our “*Living Well: Make it a Priority*” website at:

www.LivingWell.utsystem.edu