

# 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](http://www.LivingWell.utsystem.edu)**