



Wellness Buddy Wednesday Tip



September

National Cholesterol Education Month

2007

Simple Steps to Help Reduce Your Risk for Heart Disease and Stroke

- ♥ Get a fasting lipoprotein profile to find out what your total cholesterol, LDL cholesterol, HDL cholesterol, and triglyceride numbers are.
- ♥ Calculate your risk for heart disease using the Adult Treatment Panel III assessment tool (ATP III). This can be accessed at <http://hp2010.nhlbi.nih.net/atpiii/calculator.asp>.
- ♥ Discuss your risk for heart disease with your physician or other health care provider and take steps to reduce the risk factors that put you at risk.
- ♥ Learn how to read a food label. Choose foods that are low in saturated fat, trans fat, and cholesterol.
- ♥ Find out what your cholesterol numbers mean and what treatment your doctor may prescribe to help lower your cholesterol level.
- ♥ Make the lifestyle changes that will lower blood cholesterol and reduce your risk for heart disease.
- ♥ Calculate your body mass index (BMI) and see how your weight measures up.
- ♥ Participate in physical activity of moderate intensity — like brisk walking—for at least 30 minutes on most, and preferably all, days of the week. No time? Break the 30 minutes into three, 10-minute segments during the day.
- ♥ Don't smoke. If you do smoke, contact your healthcare provider to discuss ways in which they can help you quit.

A selection of Heart Healthy Recipes can be found at <http://hp2010.nhlbi.nih.net/cholmonth/recipes.htm>.