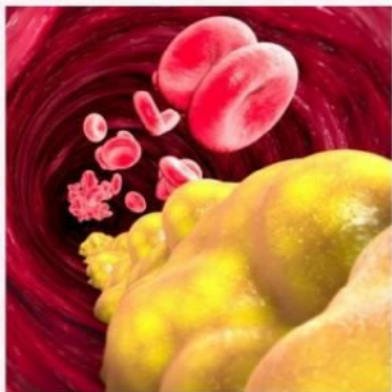


WHAT IS CHOLESTEROL?

- Cholesterol is a fatty substance found in the blood.



- If in excess, this can potentially clog the arteries and make a person prone to get a heart attack or stroke.



WHAT CAUSES HIGH BAD CHOLESTEROL?

- Unhealthy eating habits



- Sedentary lifestyle



- Being overweight or obese



- Family history



IEC-E-CRD-PCD-CMS-2022-003
Rev. 01

TOTAL CHOLESTEROL = LDL + HDL + TRIGLYCERIDES



PREVENTIVE CARDIOLOGY DIVISION
PHILIPPINE HEART CENTER
TEL. NO. 89252401, LOCAL 3820

AVOID FOOD THAT IS RICH IN BAD CHOLESTEROL



FOOD TIPS



- EAT MORE FRUITS AND VEGETABLES



- EAT LEAN MEAT



- EAT WHOLE GRAINS
- CHOOSE HEALTHY FATS



WHAT CAN YOU DO

- EAT HEART-HEALTHY FOOD



- DON'T SMOKE



- DRINK ALCOHOL IN MODERATION



- INCREASE PHYSICAL ACTIVITY



- REDUCE STRESS AND ANXIETY

