

be  
well.

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## Get Your Cholesterol Checked

Cholesterol is a waxy substance (material) which is found naturally in your blood. Your body makes cholesterol and uses it to do important things, like making hormones and digesting fatty foods.

If you have too much cholesterol in your body, it can build up inside your blood vessels and make it hard for blood to flow through them. Over time, this can lead to a heart attack or a stroke.

Causes of unhealthy cholesterol levels include the following.

- ❖ Genetic (inherited) factors
- ❖ Type 2 diabetes
- ❖ Smoking
- ❖ Being overweight
- ❖ Not getting enough physical activity
- ❖ Taking certain medicines

All men age 35 and older, men ages 20 to 35 who have heart disease or risk factors for heart disease, and women age 20 and older who have heart disease or risk factors for heart disease need to get their cholesterol checked.

Ask your doctor or nurse if you need to get your cholesterol checked.



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