

CHOLESTEROL AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT YOURHEART.CA



Cholesterol is a **type of fat** in your blood. Too much blood cholesterol can lead to heart disease.



Total cholesterol, triglycerides and LDL cholesterol levels **increase** after menopause.



1 in 2 women have elevated cholesterol.



↓ LDL cholesterol by 1mmol/L = ↓ risk of heart disease by 20-25%.

RISK FACTORS



Diet too high in saturated fat, trans fat and cholesterol



Being overweight



Being inactive



Age 60+



Smoking



Diagnosis of diabetes



Diagnosis of polycystic ovarian syndrome



Menopause

WHAT CAN I DO?

REDUCE YOUR **LDL** (LOW-DENSITY LIPOPROTEIN)



Eat **more** fruits and vegetables. Aim for 7 servings a day.



Eat **more** whole grains.



Eat **fewer** trans fats and saturated fats.

REDUCE YOUR **TRIGLYCERIDES**



Eat **fewer** simple carbohydrates, such as fruit juices and sugar.



Reduce your alcohol intake. Aim for fewer than 2 drinks per day and less than 9 drinks per week.

INCREASE YOUR **HDL** (HIGH-DENSITY LIPOPROTEIN)



Eat **more** monounsaturated fats.



Find support to **quit smoking**.



Move more, sit less. Aim for 30 minutes a day (walking, swimming, etc.).

REDUCE YOUR **TOTAL CHOLESTEROL**



Eat **fewer** foods high in cholesterol.



Take your cholesterol lowering medications as prescribed.



Aim for a waist circumference below 88 cm.

REACHING THESE TARGET VALUES WILL **DECREASE** YOUR ODDS OF DEVELOPING HEART DISEASE BY 3x.



LDL

+



HDL

+

TRIGLYCERIDES

=

TOTAL CHOLESTEROL

LOUSY CHOLESTEROL
Below 2.0 mmol/L

HEALTHY CHOLESTEROL
Above 1.2 mmol/L

Below 1.7 mmol/L

Below 5.2 mmol/L



Download the top 5 questions to ask your healthcare provider at yourheart.ca