



# CHOLESTEROL AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT [YOURHEART.CA](http://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.

### 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 **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.

### 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**  
**LOUSY CHOLESTEROL**  
Below 2.0 mmol/L

**HDL**  
**HEALTHY CHOLESTEROL**  
Above 1.2 mmol/L

**TRIGLYCERIDES**  
Below 1.7 mmol/L

**TOTAL CHOLESTEROL**  
Below 5.2 mmol/L



Download the top 5 questions to ask your healthcare provider at [yourheart.ca](http://YOURHEART.CA)