

Heart Health and Cholesterol



High levels of cholesterol in the blood (200 mg/dl or above for adults) have been associated with the development of cardiovascular diseases leading to heart attacks and strokes (which kill more Americans than all other diseases combined). High blood cholesterol levels may lead to narrowing of the arteries as a result of fatty deposit buildup in the artery wall. These fatty deposits may eventually prevent blood from flowing to the heart or brain and result in a heart attack or stroke.

Cholesterol is a fat-like substance found in the bloodstream and is an essential part of our cells. Most of the cholesterol in the bloodstream is manufactured by our liver. Additional cholesterol is introduced into the bloodstream by eating high saturated fat and cholesterol-containing foods such as animal products (eggs, red meat, high-fat dairy products).

Anyone can develop high cholesterol regardless of age, gender or race. Moreover, similar to hypertension, there may not be any symptoms or warning signs of high cholesterol. Most individuals are unaware that their blood cholesterol levels are high until they receive the results of a blood test.

Are you at risk for high cholesterol?

1. Does your brother, sister, mother or father have high cholesterol levels? Yes No
2. Do you regularly eat foods that contain saturated fats such as animal products, cocoa butter, coconut oil or palm oil? Yes No
3. Do you regularly eat hydrogenated fats found in vegetable oil, margarine and processed foods? Yes No
4. Do you regularly eat foods high in cholesterol and fat such as eggs, whole milk dairy products and meats? Yes No
5. Are you overweight by 20 pounds or more? Yes No
6. Do you avoid foods high in fiber such as carrots, oat bran, beans, fruits and vegetables? Yes No
7. Are you unaware of your blood cholesterol level? Yes No

If you score:

5 or more YES answers: You should speak with your physician about your cholesterol level and lifestyle habits.

3–4 YES answers: Concentrate on changing those YES answers to NO answers and speak with your physician.

2 or fewer YES answers: Congratulations for paying close attention to your health!



Good and bad cholesterol

Cholesterol is not dissolved in the bloodstream but is carried through the body by transporters called lipoproteins. LDL (Low Density Lipoprotein) = "Bad" Cholesterol. HDL (High Density Lipoprotein) = "Good" Cholesterol.

Cholesterol transported by LDL (bad) cholesterol is associated with the formation of fatty deposits in the arteries. These fatty deposits can clog the arteries that

supply blood to the heart and brain, which can result in a heart attack or stroke.

Cholesterol transported by HDL (good) cholesterol removes excess cholesterol from the bloodstream, thus reducing the risk for coronary heart disease and/or stroke. The level of LDL cholesterol in your blood and the ratio of HDL cholesterol to total cholesterol can determine your risk for heart disease and stroke.

Screening Recommendations		
Blood Cholesterol Levels	199mg or less	200mg or more
Screening Frequency	Consult your physician for specific screening guidelines.	A complete cholesterol panel is recommended. See your physician.

Recommended Healthy Levels Ages 2-18			
	Excellent	Borderline	High
Cholesterol	170 or less	171-199	200 or more
LDL Cholesterol	110 or less	111-129	130 or more
HDL Cholesterol	60 or greater	36-59	35 or less

Screening recommendations: Consult your physician for specific screening guidelines.

Recommended Healthy Levels Ages 19 and Older				
	Excellent	Good	Borderline to High Risk	Poor
Total Cholesterol – Men	Less than 180	180-199	200-239	240 or more
Total Cholesterol – Women	Less than 180	180-199	200-239	240 or more
HDL Cholesterol – Men	50 or more	45-49	35-44	34 or less
HDL Cholesterol – Women	60 or more	55-59	40-54	39 or less
Total Cholesterol/HDL Ratio – Men	4.0 or less	4.1-5.0	5.1-6.5	6.6 or more
Total Cholesterol/HDL Ratio – Women	3.3 or less	3.4-4.5	4.6-6.5	6.6 or more
LDL Cholesterol – Men	100 or less	100-129	130-159	160 or more
LDL Cholesterol – Women	100 or less	100-129	130-159	160 or more

Cultural Understanding – Dedication – Commitment
 UnitedHealthcare delivers service and support to help our Asian American members get the care that’s right for them.

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Source: (UnitedHealthcare is not affiliated with this Web site.)

American Heart Association, www.americanheart.org

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좋은 콜레스테롤과 나쁜 콜레스테롤

좋은 콜레스테롤은 녹지 않지만 리포 단백질에 의해 공명으로 공립됩니다. LDL(저밀도 리포 단백질) = "나쁜" 콜레스테롤, HDL(고밀도 리포 단백질) = "좋은" 콜레스테롤.

저밀도 리포 단백질에 의해 공립되는 콜레스테롤은 나쁜 콜레스테롤로 혈관 수혈전 혈청과 관련이

있습니다. 이러한 혈청은 신장과 뇌에 혈액을 공급하는 동맥을 막아 신장마비나 뇌졸중을 일으킬 수 있습니다. 고밀도 리포 단백질에 의해 공립되는 콜레스테롤은 좋은 콜레스테롤로 혈관 내 과도한 콜레스테롤을 제거하고 따라서 관상동맥 질환과 뇌졸중 위험을 감소시킵니다. 혈중 고밀도 리포 단백질 수치와 전체 콜레스테롤 중 고밀도 리포 단백질이 차지하는 비중이 신장 질환과 뇌졸중 위험을 결정하게 됩니다.

검사 권고

혈중 콜레스테롤 수치	199mg 이하	구체적인 검사 가이드라인에 대해 의사와 상담하십시오.	검사 횟수
	200mg 이상	전체 콜레스테롤 패턴을 추천합니다.	의사와 상담하십시오.

2-18세 권장 수치

콜레스테롤	170 이하	171-199	200 이상
LDL 콜레스테롤	110 이하	111-129	130 이상
HDL 콜레스테롤	60 이상	36-59	35 이하
검사 권고: 구체적인 검사 가이드라인에 대해 의사와 상담하십시오.			

19세 이상 권장 수치

총 콜레스테롤 - 남자	180 미만	180-199	200-239	240 이상
총 콜레스테롤 - 여자	180 미만	180-199	200-239	240 이상
HDL 콜레스테롤 - 남자	50 이상	45-49	35-44	34 이하
HDL 콜레스테롤 - 여자	60 이상	55-59	40-54	39 이하
총 콜레스테롤/HDL 비율 - 남자	4.0 이하	4.1-5.0	5.1-6.5	6.6 이상
총 콜레스테롤/HDL 비율 - 여자	3.3 이하	3.4-4.5	4.6-6.5	6.6 이상
LDL 콜레스테롤 - 남자	100 이하	100-129	130-159	160 이상
LDL 콜레스테롤 - 여자	100 이하	100-129	130-159	160 이상
남성 / 여성 / 고위험 / 경계				

문화적 이해 - 노력 - 헌신

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UnitedHealthcare의 아시안 아메리칸 마켓에 대한 보다 자세한 사항을 원하시거나 문의하시면 웹사이트 www.uhcasian.com를 방문해 주십시오.



참치: (UnitedHealthcare는 본 웹사이트와 제휴하고 있지 않습니다.)

*미국 건강 협회, www.americanheart.org

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