





# Live Like Your Life Depends On It!

You probably know your social-security number, your phone number, and your PIN number...but do you know your **CHOLESTEROL** numbers? It's important to know these numbers; your life depends on it!

High cholesterol has no symptoms, and is a major risk factor for heart disease, which is the number one killer of men and women in Missouri. As scary as this is, a simple blood test can tell you what you need to know- **your** numbers! If you are 20 or older, and you haven't had your blood tested, be sure to get it done in September, Cholesterol Education Month.

TOTAL CHOLESTEROL LEVEL	CATEGORY
Less than 200mg/dL	Optimal 
200-239 mg/dL	Borderline High
240 mg/dL and above	High Blood Cholesterol
LDL CHOLESTEROL LEVEL	CATEGORY
Less than 100 mg/dL	Optimal 
100-129 mg/dL	Near or above optimal
130-159 mg/dL	Borderline High
160-189 mg/dL	High
190 mg/dL	Very High
HDL CHOLESTEROL LEVEL	CATEGORY
Less than 40 mg/dL	Low HDL Cholesterol
40-59 mg/dL	The higher your HDL level, the better
60mg/dL	Optimal/High HDL cholesterol 
TRIGLYCERIDE LEVEL	CATEGORY
Less than 150 mg/dL	Optimal 
150-199 mg/dL	Borderline High
200-499 mg/dL	High
500 mg/dL and above	Very High

For more information go to [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) or [www.americanheart.org](http://www.americanheart.org)

## KNOW YOUR NUMBERS!

Use this chart to record your numbers each time you visit your health care professional. Then use the chart above to see what categories your numbers are in.

Date	Goal: Less than 200mg/dL	Goal: Less than 100 mg/dL	Goal: Greater than 60 mg/dL	Goal: Less than 150 mg/dL
	Total Cholesterol	LDL	HDL	Triglycerides

If you have had your blood tested...

...and your numbers are in the *desirable range*, keep up the good work and be sure to get tested at least every 5 years.

...and your numbers are in the *high range*, be sure to follow your doctor's advice or refer to [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).

