

# High Lipids—What Is It?

Lipids are fats found in your blood. Cholesterol and triglycerides are two types of lipids. You may have either high cholesterol, high triglycerides or both.

## What is high cholesterol?

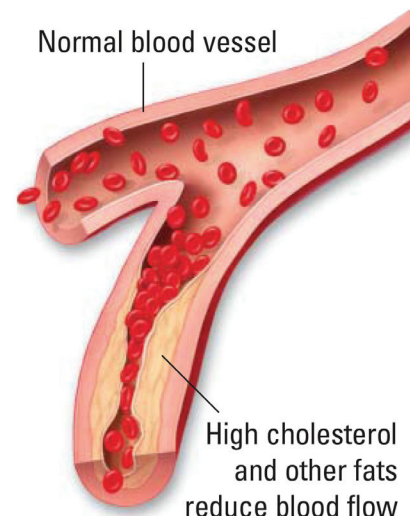
It's okay to have some cholesterol in your body. When you have too much, it can build up on the walls of your blood vessels and lead to heart disease.

## What are high triglycerides?

Your body stores triglycerides for later use as energy. When you have too much fat, it can build up on the walls of your blood vessels and lead to heart disease.

## Why are lipids dangerous?

Blood vessels, like arteries, can get blocked by lipids. This makes it hard for blood to move freely through vessels. If an artery becomes completely blocked, your heart does not get the oxygen it needs.



## Here are risk factors you CAN and CANNOT control:

Risk Factors You <b>CANNOT</b> Control	Risk Factors You <b>CAN</b> Control
<b>Age</b> <ul style="list-style-type: none"><li>You are a man 45 or older</li><li>You are a woman 55 or older</li></ul>	<b>High cholesterol and triglycerides</b>
<b>Family History</b> <ul style="list-style-type: none"><li>Your father or brother had heart disease before age 55</li><li>Your mother or sister had heart disease before age 65</li></ul>	<b>High blood pressure</b>
	<b>Diabetes</b>
	<b>Being overweight</b>
	<b>Cigarette smoking</b>
	<b>Lack of exercise</b>

## Taking care of high lipids every day



Follow a heart-healthy diet that is low in fat



Start a regular exercise program



If you smoke, ask about ways you can quit



Try to lose weight and keep it off



Take your medication as directed

Talk to your provider about the steps you can take to lower your lipids and risk of heart disease.

# My Numbers—Ask About Each One

Total Cholesterol	What It Means
Less than 200	Good
200-239	Somewhat high
240 and above	High

LDL Cholesterol	What It Means
Less than 100	Very good
100-129	Good
130-159	Somewhat high
160-189	High
190 and above	Very high

HDL Cholesterol	What It Means
60 and above	May protect against heart disease
Less than 40	Major risk factor for heart disease

Triglycerides	What It Means
Less than 150	Normal
150-199	Somewhat high
200-499	High
500 and above	Very high

*\*From the National Heart, Lung, and Blood Institute.*

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-855-580-1689 (TTY: 711).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-580-1689 (TTY: 711).

- **Total cholesterol** is the amount of all cholesterol in your blood. The higher the number, the greater your risk for heart disease. Your doctor may want you to lower this number
- **LDL cholesterol** is the “bad cholesterol” that sticks to your blood vessels and blocks blood flow. Your provider may want you to lower this number
- **HDL cholesterol** is the “good cholesterol” that prevents cholesterol from sticking to your blood vessels. Your provider may want you to raise this number
- **Triglycerides** is a type of fat that is carried through the blood. High levels may be a sign of heart disease. Your provider may want you to lower this number