



# To Your HEALTH



WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

## Did You Know?

According to the Centers for Disease Control and Prevention (CDC), high cholesterol affects about 20% of adults over the age of 20 in the United States. The highest prevalence occurs in women between the ages of 65 and 74.

The World Health Organization (WHO) reports that high cholesterol contributes to 56% of cases of coronary heart disease worldwide and causes about 4.4 million deaths each year. In most parts of the world, the number of female deaths attributed to high cholesterol is slightly higher than the number of male deaths.

High cholesterol can be managed. The information in the feature article on this page will help you better understand what cholesterol is and the steps that you can take to make sure that your cholesterol levels are what they need to be.

Live long and live well!

Source: <http://cardiologychannel.com/hypercholesterolemia/>

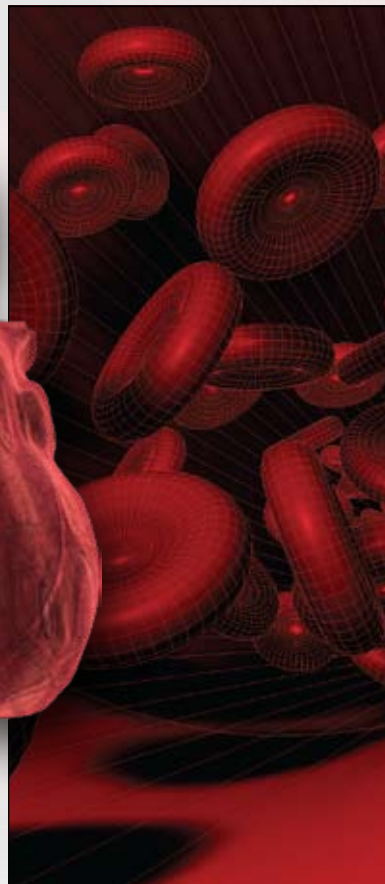
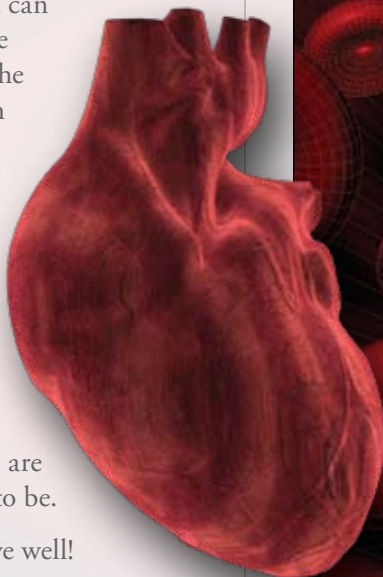
## Understanding Cholesterol

**T**oo much cholesterol (ko-LES-ter-ol) in the blood, or high blood cholesterol, can be serious. People with high blood cholesterol have a greater chance of getting heart disease. High blood cholesterol itself does not cause symptoms, so many people are unaware that their cholesterol level is too high.

### What Is Cholesterol?

To understand high blood cholesterol, it is important to know more about cholesterol.

- ♥ Cholesterol is a waxy, fat-like substance that is found in all cells of the body. Your body needs some cholesterol to work the right way and makes all the cholesterol you need.
- ♥ Cholesterol is also found in some of the foods you eat.
- ♥ You use cholesterol to make hormones, Vitamin D, and substances that help you digest foods.



Blood is watery and cholesterol is fatty. Just like oil and water, the two do not mix. So, in order to travel in the bloodstream, cholesterol is carried in small packages called lipoproteins (lip-o-PRO-teens). The small packages are made of fat (lipid) on the inside and proteins on the outside. Two kinds of lipoproteins carry cholesterol throughout your body. It is important to have healthy levels of both:

- ♥ **LDL (low density lipoprotein)** cholesterol is sometimes called “bad” cholesterol. High LDL cholesterol leads to a buildup of cholesterol in the arteries. The higher the LDL level in your blood, the greater chance you have for getting heart disease.
- ♥ **HDL (high density lipoprotein)** cholesterol is sometimes called “good” cholesterol. HDL carries cholesterol from other parts of your body back to your liver. The liver removes the cholesterol from your body. The higher your HDL cholesterol level, the lower your chance of getting heart disease.

Source: National Heart, Lung, and Blood Institute





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## An OUNCE of Prevention Does Equal a POUND of Cure

**P**eople and cars are a lot alike; each usually works well when new, but they tend to need more attention and maintenance with age. You take your car in for regular oil changes and other scheduled maintenance. As a result, your car continues to be dependable, and you eliminate major repairs in the future. Are you following this same preventive approach with your body—the one machine that must last you an entire lifetime?

### Prevention Facts For Your Healthy Future

You need to plan for a healthy future with your own maintenance schedule. First, you need a daily routine that supports healthy living. This includes eating a balanced diet, getting regular exercise, managing stress, and finding time for recreation. Second, you need to be aware of health risks for your age and gender. For example, breast and uterine cancer for women, and prostate cancer for men require personal monitoring. Finally, you need to work with your doctor, or other health care provider, to screen for early development of health problems.

You need to review your personal maintenance schedule when:

- ✓ You pass 40 years of age
- ✓ You change doctors
- ✓ You have not seen your doctor in the past year
- ✓ You know that part of your life is out of balance
- ✓ You don't consciously include healthy living as a part of your life plan

### Your Personal Health Maintenance Plan

Keep the following guidelines in mind to help you keep your body in top condition:

- ✓ Plan your diet to include multiple meals that provide a wide variety of foods
- ✓ Monitor your weight and make early adjustments in serving size and selection if you notice weight gain
- ✓ Allow yourself 15 or more minutes each day of quiet or "down" time to relax
- ✓ If you are over the age of 40, take a generic multivitamin each day
- ✓ Get regular comprehensive physical examinations
- ✓ Know your body well enough to detect any change in physical appearance or body secretions and, if it lasts for a few weeks, see your physician

## Aging Well By The Numbers

- » Every eight seconds a baby boomer turns 50.
- » It's been estimated that by 2010, workers aged 55 and older will comprise 20% of the workforce.
- » In 1900, life expectancy at birth was about 49 years. By 1960, life expectancy had increased to 70 years and in 1997, life expectancy at birth was 79 years for women and 74 years for men.
- » Despite living longer, incidence of heart disease, diabetes, cancer, and stroke have been increasing for those over age 70.
- » The size of the older population is projected to double over the next 30 years, growing to 70 million by 2030.

Source: AARP, US Census Bureau, Federal Interagency Forum on Aging Related Statistics



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