



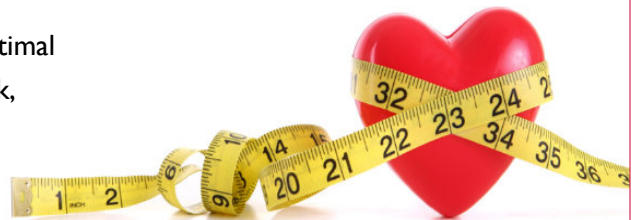
12 Months of Safety & Wellness

FEBRUARY: CHOLESTEROL

High blood cholesterol is one of the major risk factors for heart disease, the leading cause of death in the U.S.

Factors that influence your cholesterol include:

- **LDL**, or “bad” cholesterol: A level less than 100mg/dL is optimal against heart attack and stroke. Too much LDL leaves a thick, plaque deposits that clog arteries.
- **HDL** or “good” cholesterol: A level more than 40 mg/dL is protective against heart disease. HDL removes LDL from the body and keeps cholesterol from building up in the arteries.
- **Total** cholesterol: A level of less than 200 mg/dL is desirable. Higher levels increase the risk of coronary heart disease.



What Steps You Can Take to Know Your Numbers?

High blood cholesterol itself does not cause symptoms so many people are unaware that their cholesterol level is too high. By making small changes to your lifestyle, you can reduce the risk. Some suggestions are:

- Maintain a diet low in saturated fat.
- Have a BMI that falls within the “normal” range.
- Get regular physical activity.
- Visit your primary care provider, health professional, or **Know Your Numbers** campus event for FREE screenings including cholesterol.
- Visit the **UCI Wellness** website for more information on upcoming health screening opportunities and UCI Living Well wellness programs!