

Cholesterol



95 million American adults have high cholesterol.

That's nearly **1 in 3**.



Get your cholesterol checked every 4 to 6 years.

What is cholesterol?

Cholesterol is a waxy substance found in your blood. Your body needs it to build cells, but too much can pose a problem. So, what's the difference?

Good Cholesterol

- High-density lipoprotein (HDL)
- Helps remove bad cholesterol
- Decreases risk for heart disease and stroke

Bad Cholesterol

- Low-density lipoprotein (LDL)
- Builds up on artery walls
- Increases risk for heart disease and stroke

Bad cholesterol can be elevated by certain factors, including:



Obesity



Physical inactivity



Unhealthy diet



Smoking



Excessive alcohol use



Family history

High cholesterol usually has no symptoms, so it's best to have a cholesterol screening and discuss your health and lifestyle risks with a doctor.