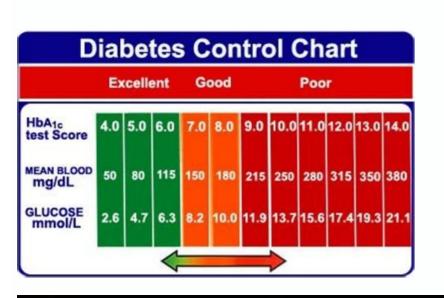
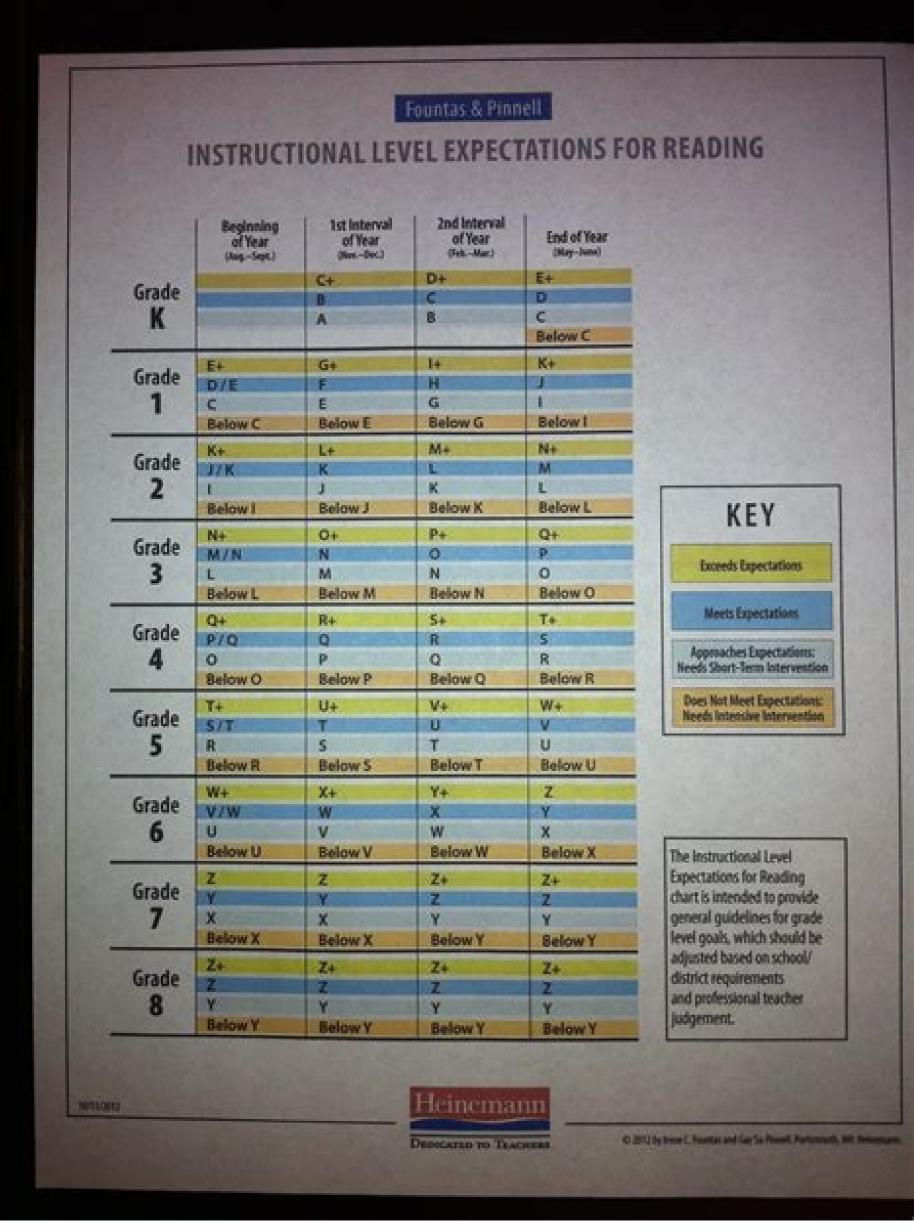
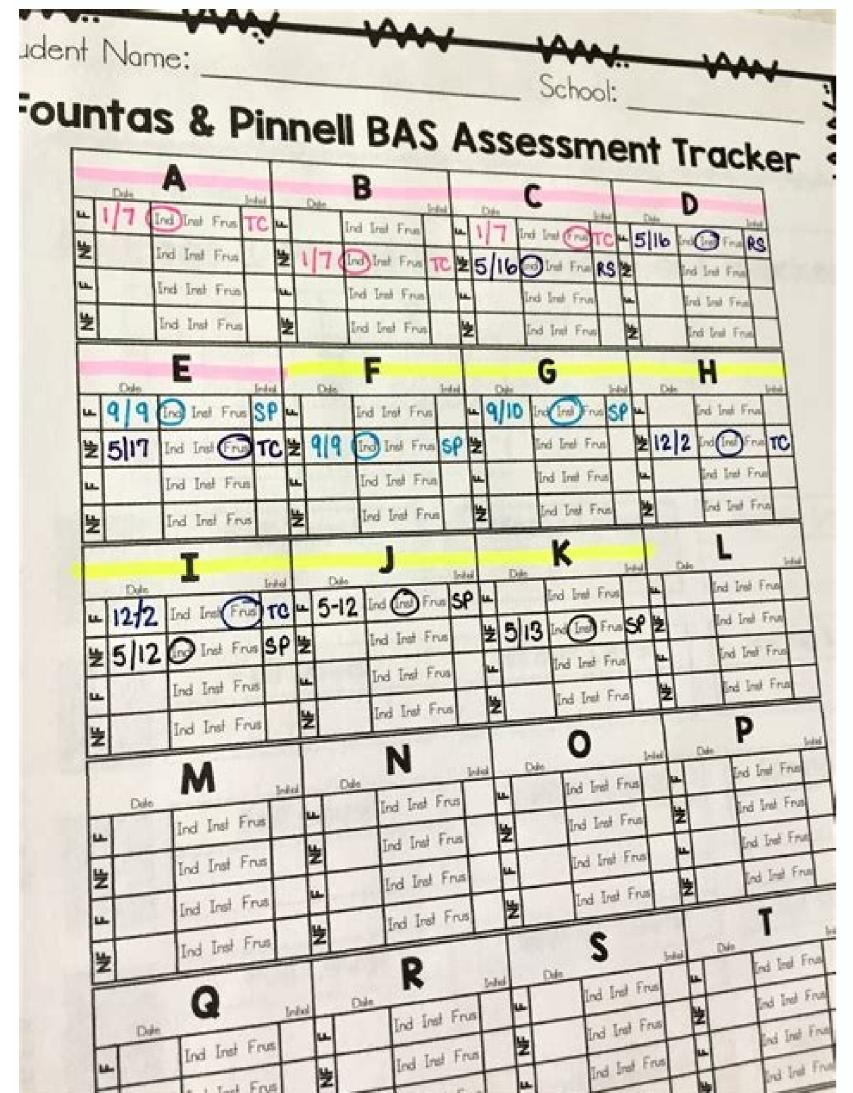
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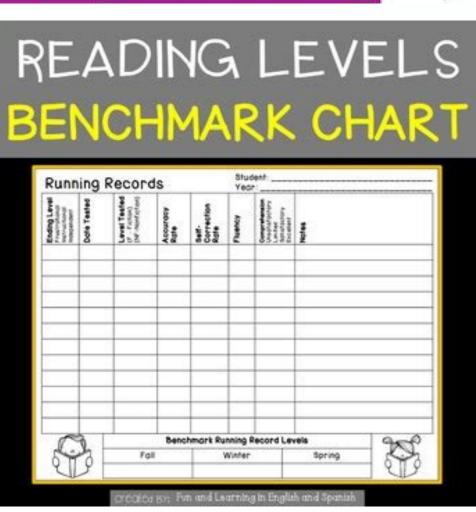
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My Strategies What to do if I don't know a word. Ask myself; "What word would make sense"? Look at the picture. Get my mouth ready for the beginning sound. Chunk it! (Find parts of the word I know.) Sing through the word. Reread the phrase or sentence to make sure it makes sense.



Triglycerides - another form of fat in your blood that can raise your risk for heart disease, especially in women What do my cholesterol numbers mean? Everyone should get regular physical activity (30 minutes on most, if not all, days). High levels of low density lipoproteins (LDL), also referred to as "bad cholesterol," leads to what's diagnosed as high cholesterol. Foods that have high levels of saturated fats include some meats, dairy products, chocolate, baked goods, and deep-fried and processed foods. High-density lipoproteins (HDL) commonly known as "good cholesterol" helps to absorb LDL cholesterol, bringing it back to the liver to be flushed from your body. It also raises your HDL (good) cholesterol level. A blood test called a lipoprotein panel can measure your cholesterol untreated can lead to the buildup of plaque over time, damaging the heart and putting you at risk for a heart attack or stroke. You might need treatment if you have triglyceride levels that are borderline high (150-199 mg/dL) or high (200 might need treatment). mg/dL or more). They can check your blood work as well as run tests to ensure there isn't anything major going on. Learn what blood tests are done in the emergency room. How do you know if you have the results from a blood tests are done in the emergency room. How do you know if you have the results from a blood tests are done in the emergency room. How do you know if you have the results from a blood tests. test, you cannot know you have high cholesterol has no symptoms, the only way to tell is through a blood test looking at your lipid levels. Race. If lifestyle changes alone do not lower your cholesterol enough, you may also need to take medicines. Cholesterol numbers are measured in milligrams per deciliter (mg/dL). Once again, the only way to tell if you have high cholesterol is to have your doctor run blood work. Not being physically active is a risk factor for heart disease. Losing weight can help lower your LDL (bad) cholesterol, total cholesterol, and triglyceride levels. When the level of ldl cholesterol is too high, fatty deposits can begin to build up in your blood vessels causing a cascade of other issues. For example, African Americans typically have higher HDL and LDL cholesterol levels than whites. Talk to your doctor to figure out what course of action is best for you. Here are several changes you can make to help reduce your cholesterol: Avoid alcohol and tobacco use Eat a diet low in saturated fats and high in fiberLimit processed foods, fatty red meats, egg yolk, and high-fat dairy productsDiet and exerciseMaintain a healthy weight (bad) cholesterol. These are some things you can do to lower your cholesterol levels: Diet. It includes both low-density lipoprotein (LDL) cholesterol and high-density lipoprotein (LDL) cholesterol test? So a lower HDL can contribute to a higher level of bad cholesterol. You should begin lipid testing between the ages of 9 and 11 and repeat the testing every five years until age 45 or 55 depending on your gender. The National Heart Lung and Blood Institute (NHLBI) recommends that blood work be repeated every one to two years between the ages of 45 to 65 for men and 55 to 64 for women. When and how often you should get a cholesterol test depends on your age, risk factors, and family history. The general recommendations are: For people who are age 19 or younger:: The first test should be between ages 9 to 11 Children should have the test again every 5 years Some children may have this test starting at age 2 if there is a family history of high blood cholesterol, heart attack, or stroke For people who are age 20 or older:: Younger adults should have the test every 5 years What affects my cholesterol levels? High blood cholesterol can run in families. The test gives information about your: Total cholesterol - a measure of the total amount of cholesterol in your blood. Before the age of menopause, women have lower total cholesterol such as VLDL (very-low-density lipoprotein). A variety of things can affect cholesterol levels. HDL helps to remove bad cholesterol from your arteries. Your body needs some cholesterol to work properly. Keep an eye out for heart attack or early stroke symptoms like: Nausea Numbness Slurred speech Extreme fatigue Chest pain or angina Shortness of breath Numbness or coldness in extremities High blood pressure If you have any concerns about the symptoms you're experiencing, don't wait to head into the nearest 24 hour emergency room. Here are the healthy levels of cholesterol, based on your age and gender: Anyone age 19 or younger: Men age 20 or older: Women age 20 or older: Women age 20 or older: Triglycerides are not a type of cholesterol, but they are part of a lipoprotein panel (the test that measures cholesterol levels). Smoking. Weight Management. If you suspect you might have high cholesterol or notice symptoms of something more urgent like a heart attack or stroke, don't wait to seek urgent medical attention at Complete Care. Complete Care is a 24/7 freestanding emergency care center with ER locations in Colorado Springs and throughout Texas. As women and men get older, their cholesterol levels rise. How can I lower my cholesterol? Talk to your health care provider about which one is right for you. When you consume more food than you need, your body converts the extra into triglycerides which are then stored in your fat cells. If you do not use the stores and regularly consume more than you use, your triglyceride levels can become high and put you at risk for heart disease and stroke. If you think your cholesterol levels are higher than they should be, don't wait to contact your doctor. The buildup of plaque caused by high cholesterol can put you at risk for much more serious diseases like cardiovascular disease, peripheral arterial disease, coronary artery (heart) disease, coronary arte like substance that's found in all the cells in your body. We put our patients first, aiming to tend to your emergency within minutes, not hours. For any questions regarding high cholesterol, please don't hesitate to contact a Complete Care facility today! More Helpful Articles by Complete Care: Before the test, you'll need to fast (not eat or drink anything but water) for 9 to 12 hours. Because cholesterol is fat soluble, meaning it doesn't dissolve in water, it needs the help of lipoproteins to travel through your bloodstream. Certain races may have an increased risk of high blood cholesterol. High levels of HDL cholesterol can actually lower your risk for CAD, blood clots, cardiovascular disease, and stroke. TriglyceridesTriglyceridesTriglycerides are a different type of lipid than cholesterol from your arteries, having more HDL can help to lower your LDL cholesterol. You should try to be physically active for 30 minutes on most, if not all, days. A normal triglyceride level is below 150 mg/dL. Quitting smoking can raise your HDL cholesterol. There are two main ways to lower your doctor can run a blood test to ensure your levels are in a healthy range. What are the warning signs of high cholesterol? High cholesterol typically doesn't have any symptoms until it is an emergency event. Examples include the Therapeutic Lifestyle Changes diet and the DASH Eating Plan. With the help of your doctor, you can improve your cholesterol, walk you through common risk factors, and advise you on when to seek emergency treatment. What is cholesterol levels? Quitting smoking. The medicines work in different ways and can have different side effects. Being overweight is a risk factor for heart disease. After the age of menopause, women's LDL (bad) cholesterol levels tend to rise. Managing stress. There are several types of cholesterol, you should continue with the lifestyle changes. LDL (bad) cholesterol - the main source of cholesterol buildup and blockage in the arteries HDL (good) cholesterol minus your HDL. Your genes partly determine how much cholesterol your body makes. Things outside of your control that can also affect cholesterol levels include: Age and Sex. If you are over the age of 65, cholesterol screenings should be completed every year. The frequency of testing will also depend on your family history or risk factors and will be left up to the discretion of your doctor. Risk Factors for High Cholesterol you could be at risk of high cholesterol regardless of your age, gender, or ethnicity and if you:Consume an unhealthy dietAre obese or overweightLack of regular movement or exerciseHave a history of high cholesterol or familial hypercholesterolemiaSmoke tobacco productsHave diabetes or kidney diseaseContinue reading: What to do if someone is having a heart attackHow to reduce cholesterolIf you have high cholesterol, the best way to improve your cholesterol is through a healthy lifestyle and medications if needed. Heredity. This is because the increase in plaque decreases blood flow throughout your body — particularly to your heart and brain. HDL cholesterol is bad. It also tends to increase your cholesterol. Research has shown that chronic stress can sometimes raise your LDL cholesterol and lower your HDL cholesterol. Weight. The only way to know if you have a high level of ldl cholesterol, what causes high cholesterol? But if you have too much cholesterol in your blood, you have a higher risk of coronary artery disease. As frightening as that can sound, don't panic. Reducing the amount of saturated fat in your diet helps lower your blood cholesterol level. NIH: National Heart, Lung, and Blood Institute The information on this site should not be used as a substitute for professional medical care or advice. Regular physical activity can help lower LDL (good) cholesterol and raise HDL (good) cholesterol levels. Cigarette smoking lowers your HDL (good) cholesterol level rise. Learn how to cite this page How do you know if you have high cholesterol?

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