

Know Your Numbers!

Seventy-four percent of women ages 18-44 do not know their cholesterol numbers, reports the Society for Women's Health Research. Not good: High cholesterol is a major risk factor in coronary heart disease, the **No. 1** killer of women.



REPORT CARD

Total cholesterol = HDL+LDL+triglycerides
Should be less than 200 milligrams per deciliter(mg/dL).

High-density lipoprotein (HDL) - "good" cholesterol; it carries fat away from arteries to the liver for disposal. *Should be 50 mg/dL or higher.*

Low-density lipoprotein (LDL) - "bad" cholesterol; it builds up and forms plaque that can cause heart attacks. *Should be less than 100 mg/dL.*

Triglycerides - fatty acids that store energy.
Should be less than 150 mg/dL.