

Change4Life[®]

TALKING ABOUT HIGH CHOLESTEROL

People with high cholesterol have too much bad cholesterol in their blood where it can build up into plaque on the artery walls narrowing the arteries (atherosclerosis). This makes it harder for blood to flow through the body.¹

Cholesterol is a type of fat that's found in our blood as well as in certain foods. We all need a small amount to make cell membranes, vitamin D, and hormones; however, our bodies produce all we need.

There are two types of blood cholesterol:

Low-density lipoprotein (LDL) cholesterol = bad cholesterol

High-density lipoprotein (HDL) cholesterol = good cholesterol

MANAGE HIGH CHOLESTEROL BY...

 **EATING** less fat (especially saturated fat and trans-fat) and more fruits and vegetables

 **GETTING** regular exercise

 **MAINTAINING** a healthy weight

 **REDUCING** stress

 **QUITTING** smoking

 **TAKING** medication exactly the way the doctor prescribes – in other words, every day and on a set schedule²



If it's not managed, bad things can happen...

STROKE HEART ATTACK ANGINA³

¹ www.heartandstroke.com/site/c.ikiQLcMWJtE/b.3484027/k.8419/Heart_disease__High_blood_cholesterol.htm

² www.mhp.gov.on.ca/en/healthy-eating/cholesterol.asp

SURPRISING FACTS

In GSC's data,

58% OF PEOPLE WITH HIGH CHOLESTEROL ARE ADHERENT TO THEIR MEDICATIONS.

That means,

42% DON'T TAKE THEIR MEDICATION AS PRESCRIBED.

**TAKING 50%
OF YOUR MEDICATION IS
0% EFFECTIVE**

*(Drugs don't work if you
don't take them!)*

CHANGE IS HAPPENING

We know it's hard to change. But research shows that with education and support, people with high cholesterol can make the changes needed to improve their cholesterol levels.

THE GOAL IS TO LOWER LDL AND RAISE HDL.

HEALTHIER EATING  EXERCISING  QUITTING SMOKING 

Resources are available for those who have questions or need help to make positive change. For example, many grocery stores employ in-house dietitians, and pharmacists can provide medication advice and coaching.

Check out GSC's Change4Life health portal at greenshield.ca

Complete healthy activities and earn points that you can redeem for rewards. And guess what?

You've just earned 50 points for reading this! Just enter this bonus code on the portal: **GJ8K6VSJR3K4**

WANT MORE INFORMATION?
CHECK OUT THESE WEBSITES:

Canada's Food Guide
www.hc-sc.gc.ca

Heart & Stroke Foundation
www.heartandstroke.ca

Canadian Physical Activity Guidelines
www.csep.ca/english/View.asp?x=587

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