

S E P T E M B E R 2 0 1 1

*Buena Salud™ Club*

1-866-783-2645

## September is Cholesterol Awareness Month

Did you know that high cholesterol may increase your risk of heart disease? You can protect your health by getting a blood cholesterol test and following the 10-Point Program for Health (see back of card).

**Learn more.** Call the *Buena Salud™ Club* toll-free at 1-866-783-2645. The service is free, you will get answers to your health questions, and we can even help you find a health provider where you live!

**Tip of the month.** Eating a handful (about ¼ cup) of unsalted walnuts gives you more than half of the recommended 4 grams of omega-3 fatty acids you should consume every day. A diet rich in omega-3 fatty acids helps reduce levels of bad (LDL or Low-Density Lipoprotein) cholesterol.



**National Alliance for Hispanic Health - [www.hispanichealth.org](http://www.hispanichealth.org)**

National Alliance for Hispanic Health  
1501 16th St. NW  
Washington, DC 20036-1401

## 10-Point Program for Health

1. Stay away from smoke and toxic air.
2. Keep moving.
3. Eat and drink for a healthy heart.
4. Get enough sleep.
5. Nurture healthy relationships.
6. Have a regular source of health care.
7. Keep a health journal.
8. Cherish your spiritual life.
9. Take your medications.
10. Listen to your body.

Adapted with permission by the author from the *Buena Salud Guide to a Healthy Heart* (Newmarket Press, 2011).

Available in bookstores nationally and online retailers including amazon.com and barnesandnoble.com.

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## 1-866-783-2645

### Know Your Cholesterol Levels

#### **Total Cholesterol Level**

Less than 200 mg/dL

200–239 mg/dL

240 mg/dL and above

#### **LDL (Bad) Cholesterol**

Less than 100 mg/dL

100–129 mg/dL

130–159 mg/dL

160–189 mg/dL

190 mg/dL and above

#### **HDL (Good) Cholesterol**

60 mg/dL and above

40–59 mg/dL

Less than 40 mg/dL

#### **Total Cholesterol Category**

Desirable

Borderline high

High

#### **LDL Cholesterol Category**

Optimal

Near optimal/above optimal

Borderline high

High

Very high

#### **HDL Cholesterol Category**

Protective against heart disease

The higher, the better

A major risk factor for heart disease

#### **Triglycerides**

Less than 150 mg/dL

150–199 mg/dL

200 mg/dL and above

#### **Triglycerides Category**

Desirable

Borderline high

High