There are good and bad kinds of cholesterol

Cholesterol is made by your body and comes from food you eat:

• **LDL cholesterol** — “Bad” cholesterol that can narrow or block your blood vessels and may lead to heart attack or stroke
• **HDL cholesterol** — “Good” cholesterol that helps keep your blood vessels from being blocked

*Triglycerides* are like cholesterol and can also raise your chance of a heart attack or stroke

**American Diabetes Association Goals:**

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
<th>My Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Bad” LDL cholesterol</td>
<td>under 100 mg/dL</td>
<td>under 100 mg/dL</td>
<td></td>
</tr>
<tr>
<td>“Bad” triglycerides</td>
<td>under 150 mg/dL</td>
<td>under 150 mg/dL</td>
<td></td>
</tr>
<tr>
<td>“Good” HDL cholesterol</td>
<td>above 40 mg/dL</td>
<td>above 50 mg/dL</td>
<td></td>
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</table>

Your doctor will help you set goals that are right for you.

**You can control your cholesterol**

Be good to your heart! Reach your cholesterol goals. Try to:

• Keep your “bad” cholesterol low
• Keep your “good” cholesterol high
• Learn what foods are better or worse for you
• Be more active — find an activity that is right for you
• Take cholesterol-lowering medicines if your doctor tells you to
• Stop smoking

**Talk to your doctor before starting an exercise plan.**

This material has been developed by GlaxoSmithKline.