



NUTRITION AND DIET
COUNSELING ASSOCIATES

HDL and your heart

Cholesterol is essential to a healthy body. There are basically two different kinds, sometimes referred to as "good" and "bad." Many people are aware that too *much* "bad" cholesterol may be dangerous. What people may not know is that too *little* "good" cholesterol can also be dangerous. Knowing the difference between good and bad cholesterol is important.

What is bad cholesterol?

LDL (low-density lipoprotein) cholesterol is often referred to as "bad" cholesterol. Your body normally uses a certain amount of LDL and the rest circulates in the bloodstream. An excess of LDL may

deposit cholesterol in the walls of the arteries over time. These deposits may eventually clog arteries leading to the heart, which in turn can lead to heart attack.

Is it true there's a good cholesterol?

HDL (high-density lipoprotein) cholesterol is considered good for your body because it is thought to carry cholesterol away from the arteries and to

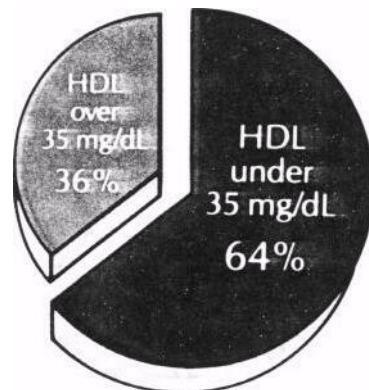
the liver for elimination. *HDL is known as a "good cholesterol because a high level of HDL has been associated with a low incidence of heart attack.*

Can increasing your low HDL make a difference?

The Prospective Cardiovascular Munster (PROCAM) Trial focused on the importance of cholesterol in predicting the risk of heart attack. *Study results showed that low HDL cholesterol is*

common among heart attack victims—nearly thirds of men, aged 40 to 65 years, who had heart attacks in this study had a low level of HDL cholesterol.'

Low HDL in heart
attack patients
(PROCAM Trial)



Another study, the landmark Helsinki Heart Study (HHS), found that every 1% increase in HDL cholesterol was linked to a 3% reduction in heart disease in patients with low HDL cholesterol and high LDL cholesterol.²

HDL can make a difference!