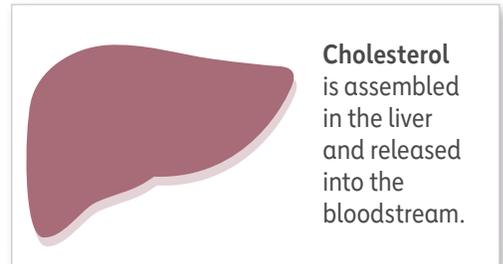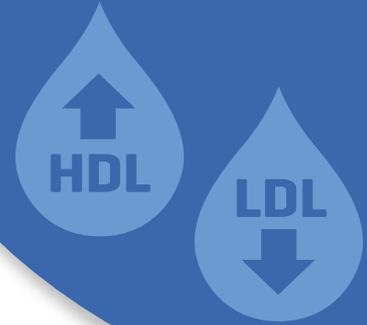American Heart Association®

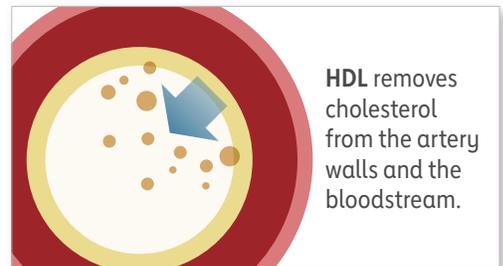## Check. Change. Control.
Cholesterol™

CHOLESTEROL SCORE

HDL ↑

LDL ↓

CHOLESTEROL is a waxy substance that is produced and released into the bloodstream by cells in the liver. The body uses cholesterol to form cell membranes, aid in digestion, convert Vitamin D in the skin and develop hormones. Cholesterol is comprised of two special proteins called **high density lipoproteins** and **low density lipoproteins**, along with fats called **triglycerides**. Your cholesterol score is a measurement of these three key components of cholesterol.
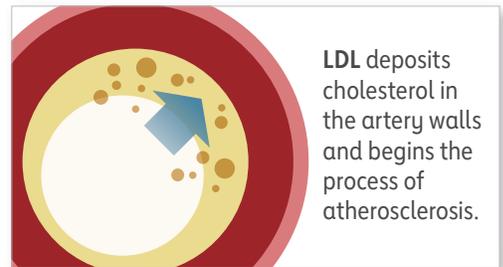
1 **High density lipoproteins (HDL)** are called GOOD cholesterol because they remove cholesterol from the bloodstream and the artery walls. A higher HDL score is desirable and will improve your overall cholesterol score.

2 **Low density lipoproteins (LDL)** are considered BAD cholesterol. While they carry needed cholesterol to all parts of the body, too much LDL in the system can lead to coronary artery disease, due to the buildup of LDL deposits in the artery walls.

3 **Triglycerides** are a type of fat that is packaged with cholesterol when the lipoproteins form in the liver cells. Triglycerides are stored in fat all over the body and can be an energy source, like carbohydrates. A triglyceride score higher than normal may mean you have a higher chance of developing coronary artery disease.
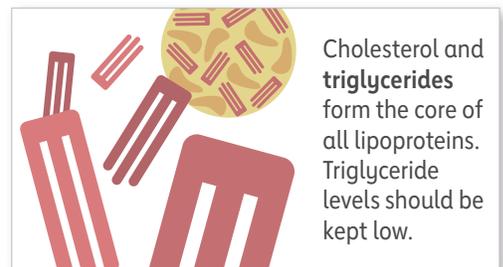

Cholesterol is assembled in the liver and released into the bloodstream.

HDL removes cholesterol from the artery walls and the bloodstream.

LDL deposits cholesterol in the artery walls and begins the process of atherosclerosis.

Cholesterol and **triglycerides** form the core of all lipoproteins. Triglyceride levels should be kept low.

HDL + LDL + 20% Triglycerides = **TOTAL CHOLESTEROL SCORE**

Learn more about cholesterol at **heart.org/Cholesterol**