September is National Cholesterol Education Month

Did you know that too much cholesterol in the blood is one of the main risk factors for heart disease and stroke? One way to prevent these diseases is to detect high cholesterol and treat it early.

What is cholesterol?
Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up and form blockages. This can lead to heart disease, heart attack, and stroke.

There are two kinds of cholesterol:
- High-density lipoprotein (HDL): known as “good cholesterol” and helps prevent build-up of low-density lipoprotein (LDL)
- Low-density lipoprotein (LDL): is known as “bad cholesterol” and can build up on your arteries, reducing blood flow

It is important to have your cholesterol checked as recommended by your primary care physician. Eating healthy, exercising regularly, not smoking and maintaining a healthy weight are good preventive measures that you can take to help control and lower your cholesterol.

INTERVENT offers lifestyle health coaching programs that can help you manage your cholesterol, and are available to you at no cost if you are enrolled in a Compass Group medical plan.