

# the Telehealth Times



## National Cholesterol Education Month

— SEPTEMBER —



Happy September! This month is Cholesterol Education and Awareness Month. I have included an abundance of information on the good, the bad, and the ugly. Here in the South, we believe in frying everything and what we don't fry, we drizzle it with butter. Although it tastes good that way, it has detrimental effects on our bodies. We must do our part to keep our bodies healthy and be our best selves. Have you had your cholesterol checked recently? If not, call me to schedule your lab work and check-up appointments - [803] 956-6221.



Yours Truly,  
*Kamryn*

Kamryn Williams, LPN  
Telehealth Coordinator  
Palmetto Care Connections

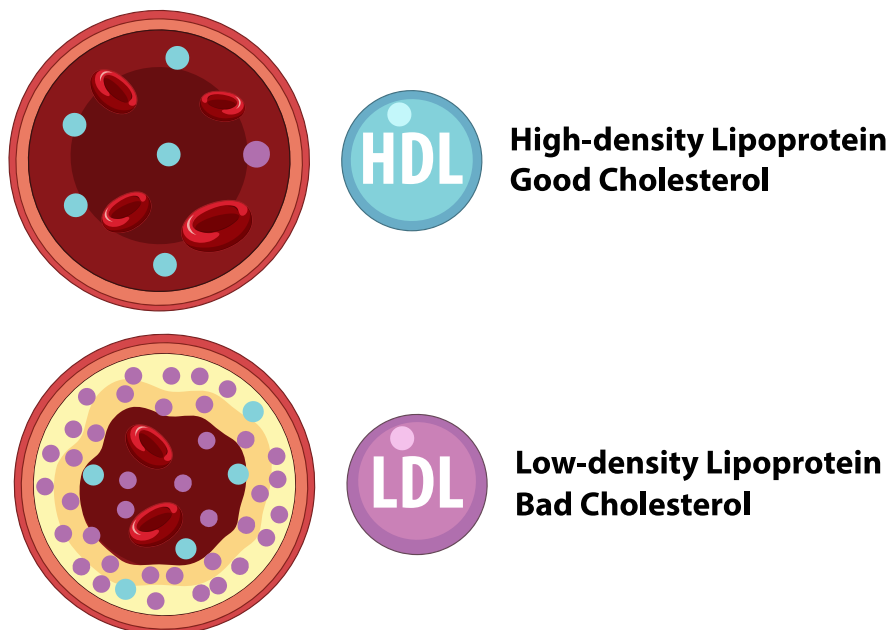
# What is Cholesterol?

Cholesterol is a fatty substance found in the blood and cells of the body. It plays a crucial role in the body, but can be harmful if levels are high and uncontrolled. Cholesterol is a precursor in production of vital hormones and an essential part of cell membrane function.

There are different types of cholesterol:

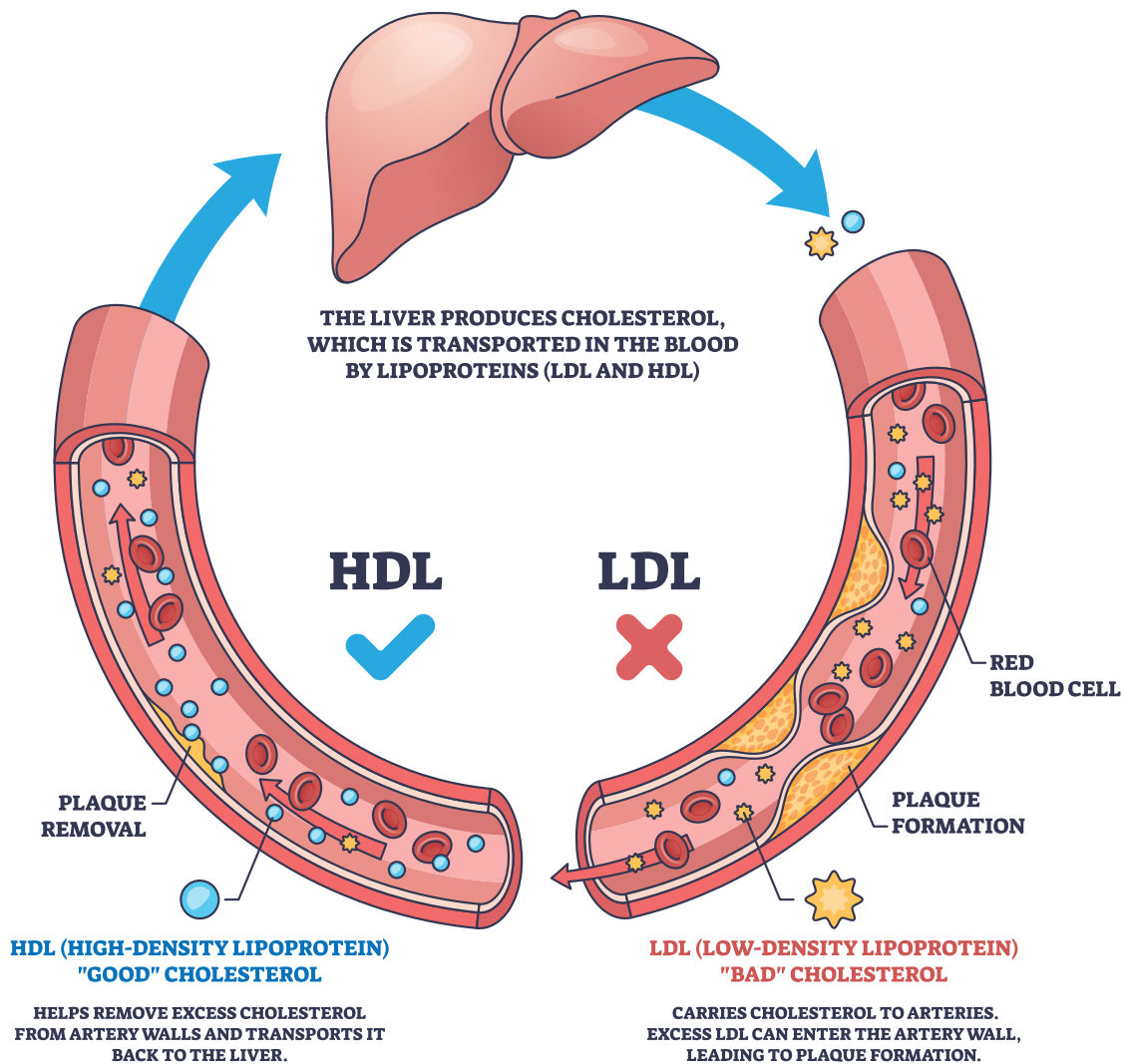
1. High-density lipoprotein or HDL (good) - aids in the removal of cholesterol from arteries and back to the liver for processing.
2. Low-density lipoprotein or LDL (bad) - takes cholesterol to the arteries, where it accumulates and plaque develops.

## TYPES OF CHOLESTEROL

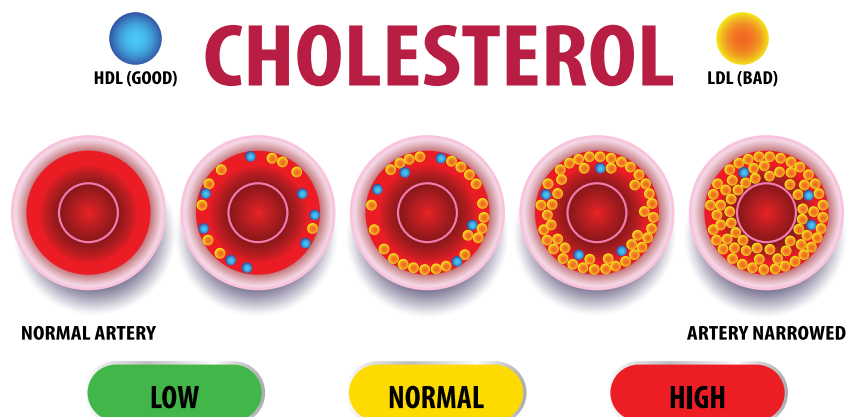


# Types and Levels

## THE ROLES OF LDL AND HDL CHOLESTEROL



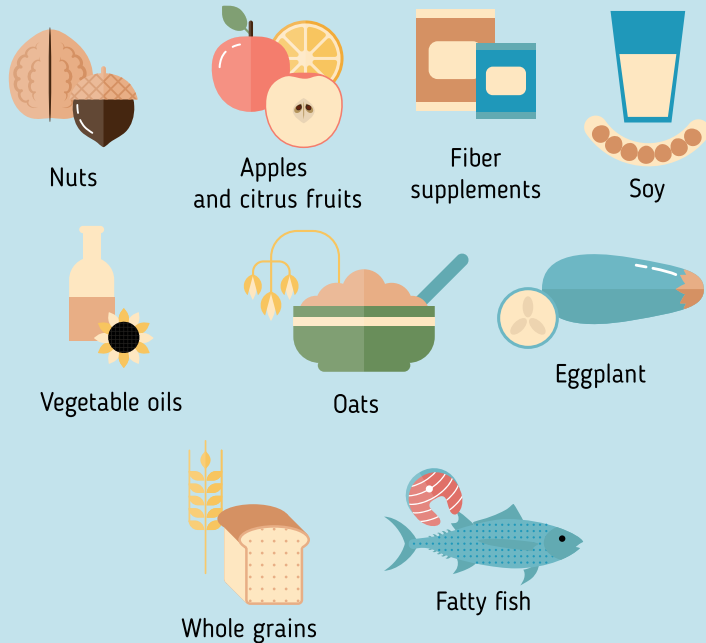
It is important to have a lipid panel completed regularly to obtain your cholesterol levels.



# Risk Factors, Symptoms, Prevention & Treatment

Like many other conditions, genetics can play a role in cholesterol. However, we can watch what we put into and what we do for our bodies to aid in prevention.

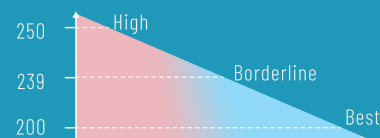
## Best foods that lower cholesterol



## HIGH CHOLESTEROL FOOD



## HIGH CHOLESTEROL



### CAUSE



Having Fast Foods



Family History



Being Inactive



Age



Over Weight



Overall Health

### SYMPTOMS



Tendon Xanthomata



Xanthelasma



Corneal Arcus



### PREVENTIONS



Manage stress



Eat healthy Food



Don't Smoke



Health Checkup



Take Medicine



Regular Exercise

# Controlling Cholesterol

## Blood Cholesterol Level Chart

	Desirable ■	Borderline (high) ■	High Risk ■
Total Cholesterol	< 200	200-240	> 240
Triglycerides	< 150	150-500	> 500
Low Density Cholesterol	< 130	130-160	>160
High Density Cholesterol	> 50	50-35	< 35

## Dangerous Cholesterol Levels

Lipids in Artery



< 45



> 130



> 150



Total cholesterol > 200

Unit : mg/dL

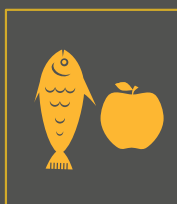


Liver



Foods

### Control Cholesterol



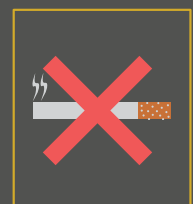
EAT



EXERCISE



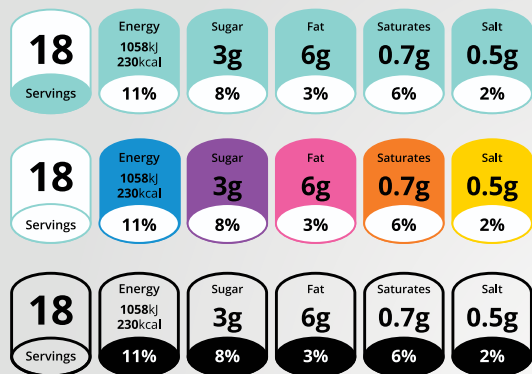
MEDICINE



DON'T SMOKE

# FACTS AND STATS

- It is estimated that 73.5 million Americans have high low-density lipoprotein (LDL).
- Individuals with high cholesterol are two times more likely to have heart disease.
- Fewer than 1 out of 3 people with high cholesterol have it under control.



Nutrition Facts	
Serving Size 250g	
Servings Per Container 15	
Amount Per Serving	
Calories 23	
% Daily Value*	
Total Fat 9.0g	14%
Saturated Fat 1.2g	6%
Trans Fat 0.0g	
Cholesterol 33mg	11%
Sodium 263mg	11%
Potassium 195mg	6%
Total Carbohydrates 26.4g	9%
Dietary Fiber 2.6g	10%
Trans Fat 10.5g	
Protein 4.5g	
Vitamin A 39%	itamin C 1%
Calcium 6%	Iron 7%

Quickly identify «better for you» foods by reading the nutrition label.

A food low in fat has 14g or less per serving.

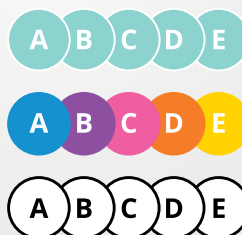
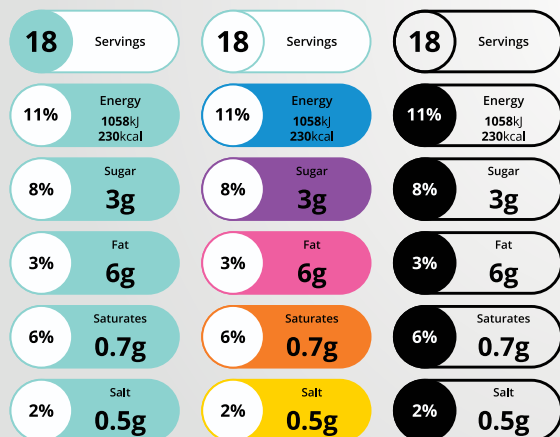
A food low in saturated fats has less than 1.5g per serving.

A food low in cholesterol has less than 33mg per serving.

A food low in sodium has 263mg or less per serving.

A food considered a good source of fiber has 3g per serving.

A food with low amount of sugar has less than 11g per serving



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## WHAT WE ASPIRE TO BE

### OUR VISION

Every South Carolinian is connected to healthcare services

## WHAT WE ARE

### OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

## WHAT WE DO

### OUR VALUES

- Transform healthcare delivery
- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Inclusion
- Equitable access
- Advocate

## WHAT WE DO

### FOCUS AREAS



Technology



Telehealth



Broadband



Education

**Telephone: 803.956.6221**

**[www.palmettocareconnections.org](http://www.palmettocareconnections.org)**

*\*The provided content is intended solely for educational purposes and should not be treated as medical advice*