

# Wellness Tidbits

September is National Cholesterol Education Month



## NATIONAL CHOLESTROL EDUCATION MONTH

September is National Cholesterol Education Month, so here are the facts on this silent killer.

**Having high blood cholesterol raises the risk for heart disease, the leading cause of death, and for stroke, the fifth leading cause of death.**

**High cholesterol has no symptoms, so many people don't know that their cholesterol is too high. A simple blood test can check cholesterol levels.** As a member of TSHBP, when you visit an in-network provider, costs are waived for preventative screening tests.

**HDL (high-density lipoprotein), or "good" cholesterol,** carries cholesterol back to the liver. The liver then flushes it from the body. High levels of HDL cholesterol can lower your risk for heart disease and stroke. HDL-friendly foods to consider adding into your diet are olive oil, beans, high fiber fruits, such as apples and pears, fatty fish, such as salmon and sardines, nuts, chia seeds and avocado.



Resources:

<https://www.cdc.gov/cholesterol/facts.htm>

[https://www.cdc.gov/cholesterol/myths\\_facts.htm](https://www.cdc.gov/cholesterol/myths_facts.htm)

<https://www.healthline.com/health/high-cholesterol/foods-to-increase-hdl#other-ways>

### Join the Monthly TSHBP Fitbit® Challenge!

#### How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

#### Fill in the Blank

Cholesterol is known as the \_\_\_\_\_ killer.

**ANSWER FITBIT®  
CHALLENGE HERE!**

