

Mission In Motion

Health & Wellness Weekly Bulletin

September 2012—Cholesterol



September 4, 2012 : Week 1

The good, the bad and the ugly

There are two types of cholesterol in your blood—HDL, the “good” cholesterol, and LDL, the “bad” cholesterol. High levels of HDL can help protect against heart disease because it helps move LDL out of the arteries and back to the liver, where it’s removed from the body. If HDL levels are low, LDL cholesterol will slowly build up in the arteries to form a thick, hard plaque deposit, a condition called atherosclerosis which can lead to a heart attack or stroke. Learn your HDL and LDL cholesterol levels by having your blood cholesterol levels checked each year.

Source: American Heart Association

Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572
956-580-8630

