

Heart Health Tracker

Heart disease is the number-one killer of American men and women. One risk factor for heart disease is high cholesterol.

What is cholesterol?

Cholesterol is a type of fat. Your body needs some cholesterol to work properly.

But having too much cholesterol can cause problems. Extra cholesterol can build up in your arteries. This makes them narrow and less flexible (“hardening of the arteries”). If build-up occurs in the arteries that supply blood to your heart muscle, then you have heart disease.

There are three main types of cholesterol:

- Total cholesterol – total amount of cholesterol in your blood
- LDL cholesterol – “bad cholesterol” that builds up in your arteries and blocks blood flow
- HDL cholesterol – “good cholesterol” that helps remove extra cholesterol from your body. Higher levels of HDL cholesterol help lower your risk of heart disease

What are triglycerides?

Triglycerides are another type of fat found in the body. They come from the food you eat. Your body also makes triglycerides. Higher levels of triglycerides may also increase your risk for heart disease.

Know your numbers

Your healthcare provider can order a blood test that measures the level of cholesterol and triglycerides in your blood. Use the chart below to track your numbers over time.

Date:	/ /	/ /	/ /	/ /
Total cholesterol (mg/dL)				
LDL cholesterol (mg/dL)				
HDL cholesterol (mg/dL)				
Triglycerides (mg/dL)				

Work with your healthcare provider to find ways to help lower your risk of heart disease.



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