

CHOLESTEROL MONTH

GOOD or BAD?

To stay healthy and avoid heart problems, it is essential to keep the amount of fat in your blood under control, paying particular attention to:

TOTAL CHOLESTEROL

The ideal value is below 200 mg/dl

HDL CHOLESTEROL

HDL proteins are involved in removing excess cholesterol from the arteries.

The ideal value is above 60 mg/dl



LDL CHOLESTEROL

An increase in the plasma of **LDL** lipoproteins is associated with a high risk of arteriosclerotic disease.

The value must be below 130 mg/dl



**KEEP AN EYE ON YOUR CHOLESTEROL
WITH THE CHECK-UP PROPOSED BY C.D.C.**

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Triglycerides

€ 12

**IF YOUR RESULTS ARE OUTSIDE THE NORMAL RANGE, CONTACT
YOUR FAMILY DOCTOR**