# 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

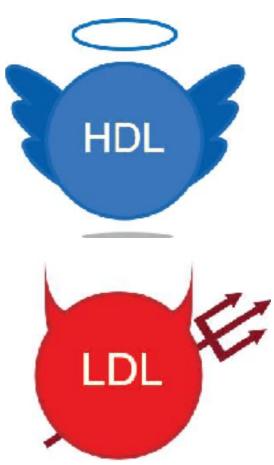
#### **HDL CHOLESTEROL**

**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