

# Theme of the month: Cholesterol

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## 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 CDC

No appointment needed, no letter from your doctor, just pop in to the clinic - on an empty stomach, any weekday from Monday to Saturday from 7.30 to 9.30 a.m.

PROMOTIONAL PRICE IN  
CHOLESTEROL MONTH

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides



*If your results are outside the normal range, contact your family doctor*