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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

High Cholesterol and Diabetes: What You Should Know.

By Jesus Chirino

Being a diabetic increases your risk of having high cholesterol, a condition that can lead to heart disease and stroke. Heart disease alone is the number one killer for both men and women in the United States, so high cholesterol is a condition that should not be taken lightly. It is vital for you to know how high cholesterol affects your health and what you can do to prevent the serious complications associated with it. This article will give you basic information on high cholesterol, the effects that it has on the body and what you can do to stay healthy, keeping your diabetes and cholesterol under control.

What is Cholesterol?

Cholesterol is a fatty substance that the body uses for many important functions, including to help digest fat and to produce Vitamin D. The body needs cholesterol, but when there is too much of it in the blood, it can build up inside the arteries, narrow them or even clog them. This serious condition, called atherosclerosis, can lead to heart attack or stroke.

There are different types of cholesterol in the body that have different functions. It is important to become familiar with each one of them and to learn what levels of each is healthy for your body.

LDL cholesterol (low density lipoprotein) is also known as bad cholesterol. This is the cholesterol that builds up in the arteries and can cause atherosclerosis, which can lead to heart attack or stroke. In order to decrease the risks associated with it, LDL levels must be lowered.

HDL cholesterol (high density lipoprotein) is also known as good cholesterol. This type of cholesterol helps clean up your arteries and remove any build up. Opposed to LDL levels, good cholesterol levels need to be high in order to decrease the risks of heart attack and stroke.

If you are a diabetic, the American Diabetes Association recommends these targets for your cholesterol levels:

LDL Cholesterol: Below 100 mg/dl

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HDL Cholesterol: Above 50 mg/dl

What is the Treatment for High Cholesterol?

When it comes to treating high cholesterol, the news is good. Lifestyle changes will help you get your cholesterol levels to the needed targets. Medications may also be needed. Discuss with your health care professional what medicine is right for you and what your treatment options are.

Here are some basic lifestyle changes that will help keep your cholesterol levels under control:

Eat Healthier - Start eating less fat, change your dairy products to low fat or fat free and stay away from foods high in cholesterol. Read food labels and try grilling your food instead of frying it. These basic steps will get you on your way to a healthier lifestyle without high cholesterol.

Exercise – Staying physically active is another major step to controlling your cholesterol. Try to get in a daily regimen where you exercise at least 30 minutes a day. If you are not used to exercising on a regular basis, start slowly and work your way up. Regular exercise will reward you with an overall healthier lifestyle.

Reduce Alcohol Intake - If you are going to drink alcohol, drink moderately. Limit your daily intake to two servings if you are a man and one serving if you are a woman.

Quit Smoking: Smoking is a very unhealthy habit that could have many negative effects on your health. Quitting smoking will help you maintain cholesterol levels on target.

Conclusion

High cholesterol and diabetes are a dangerous combination that could result in very serious conditions like heart attack and stroke. The great news is that following a healthy lifestyle will help you control both your blood glucose and cholesterol levels simultaneously. Don't away another day, prevent the serious complications associated with diabetes and high cholesterol today!

Visit

<http://www.yourlifewithdiabetes.com>

for more information on diabetes related heart disease and the conditions associated with it.

Jesus Chirino is webmaster of

Your Life with Diabetes

, a website dedicated to providing free diabetes information and resources.

Are You At Risk For Having High Cholesterol?

By News Canada

Take the cholesterol test to see if you have any risk factors

(NC)—High cholesterol is a common medical condition, affecting approximately eight million Canadians. Since high cholesterol cannot be felt, many people do not fully understand the effect it can have on their arteries and heart. High cholesterol is a contributing factor for the development of heart disease.

1. If any of these apply to you, talk to your doctor about having your cholesterol tested: You are a woman over the age of 50. You are a man over the age of 40. You have heart disease (angina, heart attack, coronary bypass, stroke, angioplasty). You have diabetes. You have family history of heart disease or cholesterol (mother, father, sister, brother or grandparent).

2. If you have two or more of the following: You are overweight. You are physically inactive. You are a smoker. You have high blood pressure.

If you checked off one from the first list and two or more in the second list, you should ask your physician to have your cholesterol tested. Realistically, people may have more than just one risk factor. For example, someone who is physically inactive may also have high cholesterol in addition to high blood pressure. The combination of two or more risk factors multiplies the chances of developing heart disease, the number one killer of Canadians.

High cholesterol is one of the major modifiable risk factors of heart disease. It is possible to reduce cholesterol to a safe level with lifestyle changes and sometimes medication. Most importantly, for those who have diabetes or heart disease, lowering your cholesterol to target levels is crucial because of the increased risk for a cardiovascular event like a heart attack.

Do not be discouraged if you have identified more than one risk factor. For more information on cholesterol and its link to heart disease, please visit www.makingtheconnection.ca or call toll-free 1-877-4-LOW-LDL (1-877-456-9535).

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