

“Someone told me that there was such a thing as good cholesterol, is that true?”

Yes, in fact all cholesterol is a necessary component of our health as it is used to produce cell membranes, an assortment of hormones and other bodily functions. However, too much “bad” cholesterol in our blood puts us at risk for many health problems, not limited to heart disease and stroke. Cholesterol comes from two different sources: your body and the food you eat. LDL or “bad” cholesterol circulates in the blood and can clog your arteries. HDL is the “good” cholesterol and it actually has a protective benefit in that high levels can help prevent heart disease. HDL levels can be increased by many things, some of which are aerobic exercise, losing weight, stopping smoking, avoiding trans fats, and increasing monounsaturated fats. So it is important to understand that it is not just your total cholesterol level that impacts your health. You also need to be aware of your LDL and HDL levels. If you do not know your different cholesterol levels or it has been over a year since last checked, be sure to follow up with your physician for a screening.

Dr. Chris Ingraham & Dr. Heidi Lakes

Genesys Family Medicine, PC is currently accepting new patients. 615-225-1990