

# PRESSURE POINTS



October 2013

HIGH BLOOD PRESSURE NEWS YOU CAN USE

## Cholesterol: What is it? How much should you have?



Cholesterol is a type of fat found in your body. Your total cholesterol includes HDL (high-density lipoprotein) and LDL (low-density lipoprotein). Cholesterol comes from two sources: your body and food. Your liver and other cells in your body make about 75 percent of blood cholesterol. The other 25 percent comes from the foods you eat. Cholesterol is only found in foods that contain animal products.

High blood cholesterol increases your risk for heart disease. If you have other risk factors, such as high blood pressure, tobacco smoke or diabetes, your risk for heart disease increases even more. The higher the level of each risk factor the more that factor affects your overall risk for heart disease.

### Questions for Your Health Care Team

- What would be the best cholesterol levels for me?
- What can I do to improve my cholesterol?

Total Cholesterol Level	Risk Category
Less than 200 mg/dL	Lower risk for heart disease
200 to 239 mg/dL	Borderline high
240 mg/dL and above	High blood cholesterol
HDL Cholesterol Level	Risk Category
Target: Greater than 40 mg/dL for men and greater than 50 mg/dL for women	If < target – talk to your provider about your HDL goal
LDL Cholesterol Level	Risk Category
Less than 100 mg/dL	Optimal if you have diabetes, coronary artery disease or peripheral artery disease
Less than 129 mg/dL	Optimal but the lower the better
130 to 159 mg/dL	Borderline high
160 to 189 mg/dL	High
190 mg/dL and above	Very high
Triglyceride Level	Risk Category
Less than 150 mg/dL	Normal
150 to 199 mg/dL	Borderline high
200 or above	High – talk to your provider

Some people find it helpful to remember the good and bad cholesterol as: **HDL**: Happy and **LDL**: Lousy. High levels of HDL actually protect your heart. Smoking, being overweight and being sedentary can all result in lower HDL cholesterol. To raise your HDL (happy) level avoid tobacco, maintain a healthy weight and get at least 30 to 60 minutes of physical activity on most days.

LDL is called bad cholesterol because it can build up in the walls of your arteries and form plaque which can reduce blood flow and increase your risk of heart disease. You can lower LDL by reducing the amount of cholesterol and fat (especially saturated fat) that you eat. Medicine can also lower cholesterol. The most common medicines used are called statins such as Atorvastatin and Simvastatin. The lower your LDL cholesterol, the lower your risk of heart attack and stroke.

High levels of Triglycerides can also increase your risk for heart disease. If your Triglycerides are 200 or above please talk to your primary care provider about your risk.

### Information on high blood pressure and cholesterol:

UMass Memorial Heart Health Information:

<http://myhealth.umassmemorial.org/Conditions/Heart>

CV Risk Calculator: <http://cvdrisk.nhlbi.nih.gov/calculator.asp>

American Heart Association: [www.americanheart.org](http://www.americanheart.org)

National Institute of Medicine: [www.nlm.nih.gov/medlineplus/highbloodpressure.html](http://www.nlm.nih.gov/medlineplus/highbloodpressure.html)

My Cholesterol	Date	Date
Total Cholesterol		
HDL		
LDL		
Triglycerides		

## Be a Kid Again ...

Now that summer has ended and the temperatures are cooler, it's a beautiful time to get outside for some exercise. If your children or grandchildren are back in school, why not walk to the bus stop each day to burn some calories. If they're involved in sports, walk the side lines while cheering them on. Remember your favorite recess activities, like jump rope and hopscotch? Try adding these to your exercise routine and have fun being a kid again.



### 1 DECISION

TO TAKE HEART HEALTH SERIOUSLY

THE LARGEST HEART AND VASCULAR CENTER  
IN CENTRAL MASSACHUSETTS



## Free Healthy Heart Programs In October

Make the decision today to take your heart health seriously. Sign up for one of our free heart health programs: Help for Valve Disease: A Focus on Aortic Stenosis and Heart Health and Nutrition are held in October.

### Help for Valve Disease: A Focus on Aortic Stenosis

Wednesday, October 9, 6 to 8 PM

Beechwood Hotel

363 Plantation Street, Worcester, MA 01605

### Nutrition and Heart Health

Thursday, October 24, 12 PM

Senior Spectacular 2013 (Free admission)

DCU Center

50 Foster Street, Worcester, MA 01608

Visit [www.umassmemorial.org/heart](http://www.umassmemorial.org/heart) or call 888-358-6277 to register for our upcoming seminars.

## Recipe for Heart Health: Creamy Mustard Chicken

Courtesy of [eatingwell.com](http://eatingwell.com)

**Makes:** 4 servings: 1 cutlet and 1 cup pasta with 1/4 cup sauce

1/2 package whole-wheat angel hair pasta  
(7 to 8 ounces)

4 thin-sliced chicken breasts or cutlets (about 1 pound)

1/2 teaspoon garlic powder

1/2 teaspoon salt, divided

1/2 teaspoon freshly ground pepper, divided

1/4 cup all-purpose flour

3 tablespoons extra-virgin olive oil, divided

1 large shallot, finely chopped

1/2 cup dry white wine

1/2 cup water

1/4 cup reduced-fat sour cream

2 tablespoons Dijon mustard

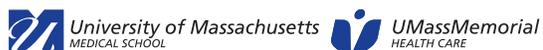
2 tablespoons chopped fresh sage, plus more for garnish



Bring a large saucepan of water to a boil. Add pasta and cook according to package instructions. Drain. Meanwhile, sprinkle chicken with garlic powder and 1/4 teaspoon each salt and pepper. Place flour in a shallow bowl and coat both sides of the chicken, shaking off any excess. Reserve 2 teaspoons flour; discard the rest. Heat 2 tablespoons oil in a large skillet over medium-high heat. Cook the chicken, turning once, until golden brown and cooked through, 3 to 4 minutes per side. Transfer to a clean plate. Reduce heat to medium and add the remaining 1 tablespoon oil to the pan. Add shallot and cook, stirring, until beginning to brown, 30 seconds to 1 minute. Add wine and cook, stirring occasionally, for 1 minute. Combine water with the reserved 2 teaspoons flour. Add to the pan and cook, stirring, until thickened, about 1 minute. Remove from the heat; stir in sour cream, mustard, 2 tablespoons sage and the remaining 1/4 teaspoon each salt and pepper. Return the chicken to the pan and turn to coat with the sauce. Top the pasta with half the sauce, the chicken and then the remaining sauce. Garnish with more sage, if desired.

**Nutritional information:** Per serving: 2447 calories, 16g fat, 69mg cholesterol, 42g carbohydrates, 31g protein, 6g fiber, 456mg sodium, 367mg potassium.

## Center for the Advancement of Primary Care



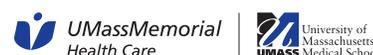
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## Heart & Vascular CENTER OF EXCELLENCE



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