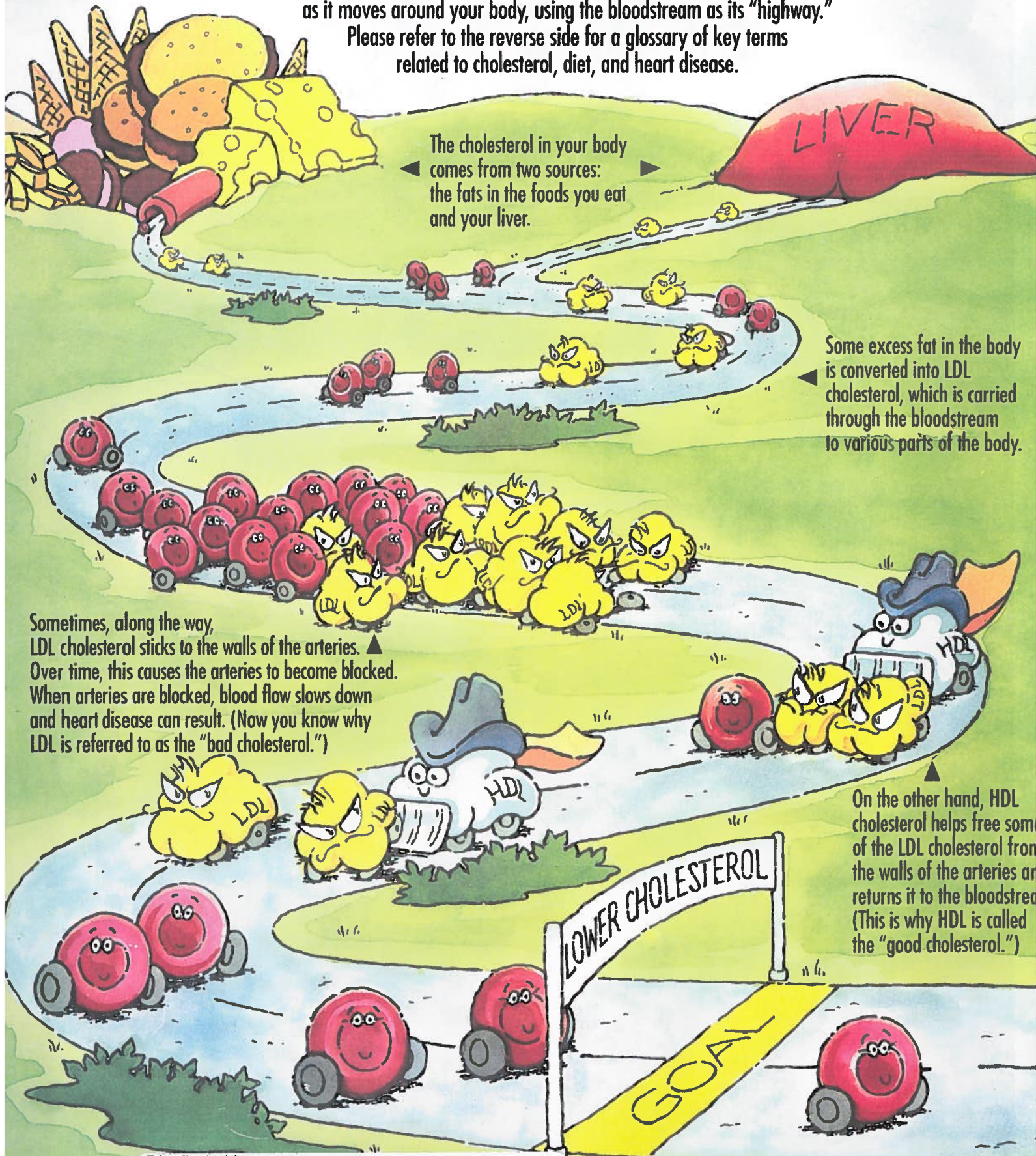


CHOLESTEROL HIGHWAY

The following diagram illustrates the route taken by cholesterol as it moves around your body, using the bloodstream as its "highway." Please refer to the reverse side for a glossary of key terms related to cholesterol, diet, and heart disease.



The cholesterol in your body comes from two sources: the fats in the foods you eat and your liver.

Some excess fat in the body is converted into LDL cholesterol, which is carried through the bloodstream to various parts of the body.

Sometimes, along the way, LDL cholesterol sticks to the walls of the arteries. Over time, this causes the arteries to become blocked. When arteries are blocked, blood flow slows down and heart disease can result. (Now you know why LDL is referred to as the "bad cholesterol.")

On the other hand, HDL cholesterol helps free some of the LDL cholesterol from the walls of the arteries and returns it to the bloodstream. (This is why HDL is called the "good cholesterol.")

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One of the objectives of a low-fat diet is to help lower your LDL cholesterol to a "goal" level. Ask your doctor what your appropriate LDL cholesterol goal is.