

Health Check

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September is National Cholesterol Education Month



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Dr. Wagle is a board-certified physician, Fellow of the American College of Cardiology, and member of the American Heart Association. His clinical interests include treating all forms of heart disease – including managing hypertension and cholesterol levels – and peripheral vascular disease (PVD).



Could you have high cholesterol and not know it?

When too much cholesterol is present, plaque – a thick, waxy, fat-like substance that hardens – may form in your arteries. Unmanaged, this plaque buildup can break away and cause blood clots, putting you at risk of heart attacks, strokes, and other forms of heart disease – the leading causes of death for men and women in the United States.

Cholesterol is found in certain foods, such as dairy products, eggs, and meats. Your body needs some to function properly, but only a limited amount. When there's too much cholesterol, serious health problems may develop.

The good, the bad, and the ugly

Understanding the relationship between cholesterol and your health could be expressed by co-opting the title of a classic Clint Eastwood western.



The good: High-density lipoproteins (HDL) cholesterol is *good* and helps your body get rid of undesirable low-density lipoproteins (LDL).

The bad: Low-density lipoproteins (LDL) cholesterol is *bad* and can cause plaque buildup, narrowing walls of arteries.

The ugly: The more LDL cholesterol in your bloodstream, the greater the risk of *ugly* cardiovascular outcomes.

Manage your cholesterol

It's possible to limit bad cholesterol and plaque build-up by making lifestyle modifications which include:

- **Exercising regularly.** Commit to moderate-intensity physical exercise for 30 minutes most days of the week.
- **Eating healthier.** Eat more fiber, such as found in fresh fruits and vegetables; whole grains; and nuts. Shake the salt habit to reduce your sodium intake.
- **Not using tobacco products.**
- **Reducing excess weight.** Ask your doctor about an acceptable weight.
- **Having regular medical checkups** and staying informed about your health.

Dr. Wagle welcomes new patients.

24-Hour Appointment Scheduling: 713-442-0427 • kelsey-seybold.com