



High Blood Cholesterol What You Need To Know

1. True or False
___ The higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack.
2. Which of the following statements is not true?
 - a. When there is too much cholesterol in your blood, it builds up in the walls of your arteries causing “hardening of the arteries”.
 - b. When arteries become narrowed and blood flow to the heart is slowed or blocked, this reduces the amount of blood and oxygen to the heart causing chest pain.
 - c. If blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.
 - d. High blood cholesterol alone causes many symptoms, so you will know if your cholesterol levels are too high.
3. Lowering cholesterol levels that are too high lessens the risk for developing what?
 - a. Migraine head aches
 - b. Arthritis
 - c. Heart disease
 - d. Crohns disease
4. True or False.
___ Lowering cholesterol is only important for individuals who are middle age and older adults.
5. True or False.
___ Everyone age 40 and older should have their cholesterol measured at least once every 5 years.
6. A lipoprotein profile blood test gives information about what?
 - a. Total cholesterol
 - b. Total and HDL cholesterol
 - c. Total, HDL and LDL cholesterol
 - d. Total, HDL, LDL cholesterol and triglycerides
7. Which of the following is NOT true about HDL cholesterol?
 - a. Protects against heart disease.
 - b. A level of 60 mg/dL or more help to lower risk for heart disease.
 - c. A level of 40 mg/dL or lower help to reduce risk of heart disease.
 - d. Levels are not changed by diet and exercise.

8. Which of the following is NOT true about lifestyle choices that affect your cholesterol levels?
- Reducing the amount of saturated fat and cholesterol in the diet helps lower blood cholesterol levels.
 - Losing weight can help lower LDL and total cholesterol levels, as well as your HDL and triglyceride levels.
 - Regular physical activity can help lower LDL and increase HDL cholesterol levels.
 - It is recommended to be physically active for 30 minutes on most, if not all, days.
9. True or False.
___ The higher your LDL level and the more risk factors you have (other than LDL), the greater your chances of developing heart disease or having a heart attack.
10. Which of the following is NOT a major risk factor affect LDL?
- Cigarette smoking.
 - High blood pressure and Low HDL cholesterol.
 - Being on cholesterol lowering medication.
 - Family history of early heart disease (heart disease in father or brother before age 55; heart disease in mother or sister before age 65).
11. Use your medical history, number of risk factors, and risk score to find your risk of developing heart disease or having a heart attack in the table provided in Step 3. What risk category do you fall in?
- High Risk
 - Next Highest Risk
 - Moderate Risk
 - Low-to-Moderate Risk
12. True or False.
___ After lowering your cholesterol through drug treatment, you will no longer need to continue your treatment with lifestyle changes.