



## HIGH CHOLESTEROL IN CHILDREN AND YOUNG ADULTS

### Cholesterol Types:

- **LDL cholesterol** – This is sometimes called the "bad" cholesterol. That's because having high LDL levels raises your risk of heart attack, stroke, and other health problems.
- **HDL cholesterol** – This is sometimes called the "good" cholesterol. That's because having high HDL levels tends to lower your risk of heart attack, stroke, and other health problems.
- **Triglycerides** – These are not cholesterol. They are another type of lipid. But they often get measured when cholesterol is measured. (Having high triglycerides also seems to increase your risk of heart attack and stroke.)

### What should my numbers be?

- LDL cholesterol below 100 or much lower if they are at risk of heart attack or stroke
- HDL cholesterol above 60
- Triglycerides below 70 in 5-9 year olds, below 90 in 10-14 year olds and below 110 in 15-19 year olds

### Triglycerides:

These are fat-like substances in the blood. Everyone has them, but some people have too much of them. This can cause high levels of triglycerides in the blood, also called "high triglycerides." People with high triglycerides have a higher risk of heart attack, stroke, and other health problems than people with normal triglycerides. People with very high triglycerides can get inflammation in the pancreas. The pancreas is an organ that makes hormones and fluids to help the body break down food. When the pancreas gets inflamed, it can cause serious health problems.

### LDL Cholesterol:

This is sometimes called the "bad" cholesterol. That's because having high LDL levels raises your risk of heart attack, stroke, and other health problems.

### HDL Cholesterol:

This is sometimes called the "good" cholesterol. That's because having high HDL levels tends to **lower** your risk of heart attack, stroke, and other health problems.

### How can I lower my cholesterol without medicines?

- Lose weight (if you have excess body weight)
- Get regular exercise which raises the "HDL (good cholesterol), lowers LDL and triglycerides
- To lower triglycerides avoid foods and drinks with a lot of sugar and carbohydrates. These include white bread, fruit juice, soda, and sweets.
- To lower LDL (bad cholesterol) limit red meat, butter, fried foods, cheese, oils, and nuts.
- Eat fish that contain high levels of omega-3 fatty acids, such as salmon, herring, or anchovies.