

**Be Heart Smart: Keep
Your Cholesterol in Check
Healthy Heart, Healthy Family**

**Maging Matalino sa Pangangalaga
ng Puso: Panatiliing Nasusuri
ang Iyong Kolesterol
Malusog na Puso, Malusog na Pamilya**



U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

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Malusog na Puso, Malusog na Pamilya



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**National Heart
Lung and Blood Institute**
People Science Health

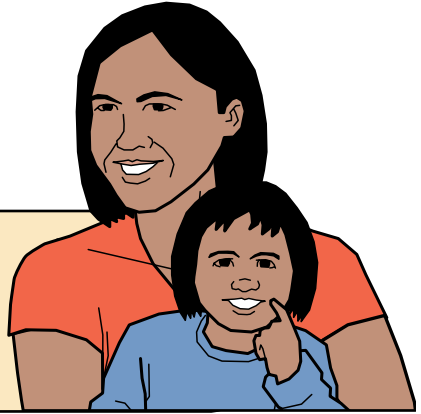
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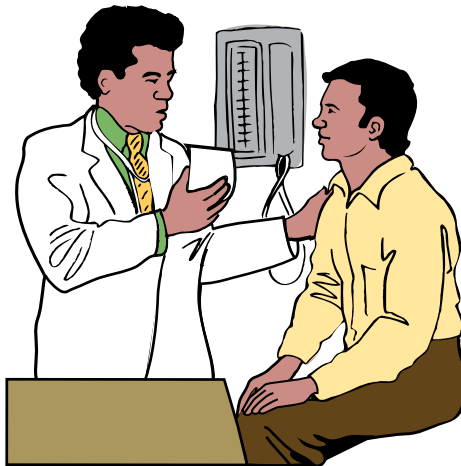
Know Your Cholesterol Numbers

Take action to lower your risk of getting heart disease.

Rose: “My husband Jose’s LDL cholesterol level was 130! He needed to bring it down.”



Rose and Jose de la Cruz will show you how their family lowered their cholesterol levels.





Alamin ang Iyong mga Numero ng Kolesterol

Kumilos upang bawasan ang iyong panganib ng pagkakaroon ng sakit sa puso.

Rose: “Ang antas ng kolesterol ng LDL ng asawa ko ay 130! Kailangan niya itong pababain.”

Ipapakita sa inyo nina Rose at Jose de la Cruz kung paano binabaan ng kanilang pamilya ang kanilang mga antas ng kolesterol.





Rose Learns About Blood Cholesterol

What is cholesterol?

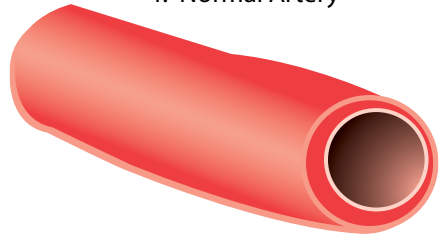
Cholesterol is a waxy, fat-like substance found in your body. Your body uses it to produce hormones and some vitamins.

Why is high blood cholesterol bad for your heart?

Your body makes all the cholesterol you need to keep you healthy. When you eat foods high in saturated fat, *trans* fat, and cholesterol, your body can make too much cholesterol.

Over time, this extra cholesterol can clog your arteries. The higher your blood cholesterol becomes, the greater your chances for having a heart attack or stroke.

1. Normal Artery



2. Clogged Artery





Natutunan ni Rose Ang Tungkol sa Kolesterol sa Dugo

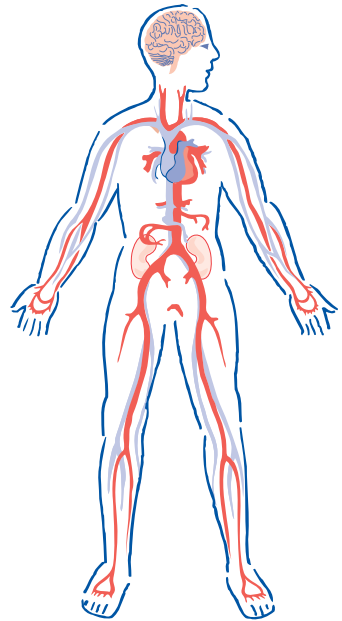
Ano ang kolesterol?

Ang kolesterol ay isang mala-kandilang, mala-tabang substance na matatagpuan sa iyong katawan. Gumagamit nito ang iyong katawan at gumagawa ito ng mga hormone at ilang bitamina.

Bakit nakasasama sa iyong puso ang kolesterol ng alta presyon?

Ginagawa ng iyong katawan ang lahat ng kolesterol na kailangan mo upang manatili kang malusog. Kapag kumain ka ng mga pagkaing mataas sa saturated fat, *trans* fat, at kolesterol, makakagawa ng labis na kolesterol ang iyong katawan.

Paglaon, ang labis na kolesterol na ito ay maaaring makabara sa iyong mga ugat. Kung magiging mas mataas ang iyong kolesterol sa dugo, mas marami ang iyong tsansa ng pagkakaroon ng isang pag-atake sa puso o *stroke*.

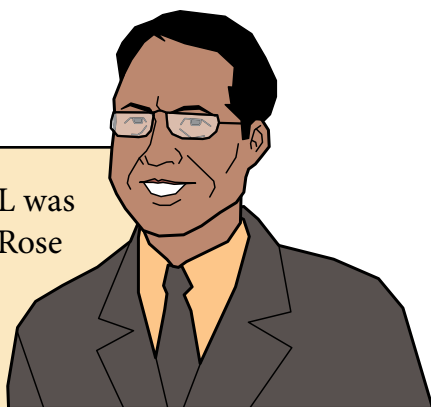


What is good and bad cholesterol?

HDL is “good cholesterol.” It helps clean fat and cholesterol from your blood vessels. Just remember the **H** in **HDL** for **Healthy**, and the **H**igher it is, the better.

LDL is “bad cholesterol.” It carries cholesterol to your blood vessels, clogging them like rust in a pipe. Remember the **L** in **LDL** for **Lousy**, and the **L**ower it is, the better.

Jose: “I was not aware that my LDL was so high. I made sure that my wife Rose and my other family members had their cholesterol checked, too.”



Have your blood cholesterol checked.

The blood test to measure the cholesterol levels is called a lipid profile. This test may be done at your doctor’s office. If you are 20 years of age or older, check your cholesterol at least every 5 years. Your doctor may test you more often if your cholesterol levels are high.

Ano ang mabuti at masamang kolesterol?

Ang **HDL** ay “mabuting kolesterol.” Nakakatulong itong maglinis ng fat at kolesterol sa iyong mga daluyan ng dugo. Tandaan lamang na ang **H** sa **HDL** ay para sa *Healthy* (malusog), at kung *Higher* (mas mataas) ito, mas mabuti.

Ang **LDL** ay “masamang kolesterol.” Nagdadala ito ng kolesterol sa iyong mga daluyan ng dugo, pagbabara ng mga ito nang tulad sa kalawang sa isang tubo. Tandaan na ang **L** sa **LDL** ay para sa *Lousy* (walang-kuwenta), at kung *Lower* (mas mababa) ito, mas mabuti.

Jose: “Wala akong kamalayang napakataas ng aking LDL. Titiyakin kong masusuri ring ang kolesterol ng aking asawang si, Rose, at ang mga kasapi ng aking pamilya.”

Ipasuri ang iyong kolesterol sa dugo.

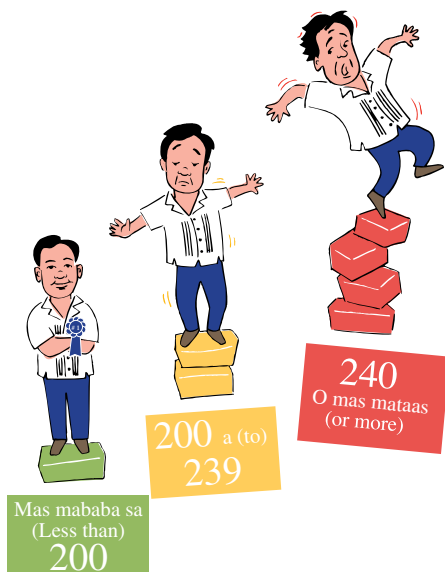
Ang pagsusuri sa dugong susukat sa mga antas ng kolesterol ay tinatawag na *lipid profile*. Maaaring isagawa ang pagsusuring ito sa opisina ng iyong duktore. Kung ikaw ay may gulang na 20 o mas matanda, suriin ang iyong kolesterol nang hindi bababa sa minsan sa bawat 5 taon. Maaaring suriin ka ng iyong duktore nang mas madalas kung ang iyong mga antas sa kolesterol ay mataas.



Learn what your cholesterol levels mean.

Total Cholesterol:

- Less than 200 mg/dL—
Ideal. Good for you!
- 200 to 239 mg/dL—
Borderline. Be alert!
- 240 mg/dL or more—
High. Danger!



LDL (Bad) Cholesterol:

- Keep it low!
- Less than 100 mg/dL is optimal.
- 100 to 129 mg/dL is near optimal.
- 130 to 159 mg/dL is borderline high. Be alert!
- 160 mg/dL or more is high. Danger!

HDL (Good) Cholesterol:

- The higher, the better!
- Keep it 40 mg/dL or higher.

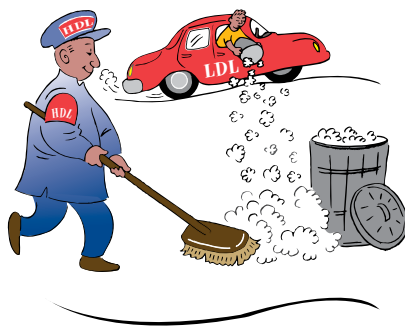
Alamin kung ano ang kahulugan ng iyong mga antas sa kolesterol.

Kabuuang Kolesterol:

- Mas mababa sa 200 mg/dL—Pinakamainam. Mabuti para sa iyo!
- 200 hanggang 239 mg/dL—Nasa hangganan. Maging alerto!
- 240 mg/dL o higit pa—Mataas. Mapanganib!

LDL (Masamang) Kolesterol:

- Panatilihin itong mababa!
- Pinakamainam ang mas mababa sa 100 mg/dL.
- Malapit sa kainaman ang 100 hanggang 129 mg/dL.
- Nasa hangganan ang 130 hanggang 159 mg/dL. Maging alerto!
- Mataas ang 160 mg/dL o higit pa. Mapanganib!



HDL (Mabuting) Kolesterol:

- Kung mas mataas, mas mabuti!
- Panatilihin itong mas mataas sa 40 mg/dL.



The de la Cruz Family Takes Steps To Keep Their Cholesterol in Check

1. Cut back on foods high in saturated fat, *trans* fat, and cholesterol.

Saturated fat and *trans* fat are fats that raise blood cholesterol levels the most.

Stay away from them. Know where they hide. You can find out by reading the Nutrition Facts labels on foods and drinks.

Saturated fat is found in foods such as high-fat meat, cheese, milk, and butter.

***Trans* fat** is found in foods such as vegetable shortening, stick margarine, fried foods, and baked products (cookies, crackers, pies, and pastries).

Jose: “We have lost weight, and our cholesterol levels are almost normal. We feel good! The kids are eating healthy foods, too.”



Nakagawa ng Mga Hakbang ang Pamilya de la Cruz Upang Mapanatiling Nasusuri tang Kanilang Kolesterol

1. Magbawas ng mga pagkaing mayaman sa *saturated fat*, *trans fat*, at kolesterol.

Ang *Saturated fat* at *trans fat* ay mga *fats* na lubhang nagpapataas ng mga antas ng kolesterol.

Lumayo sa mga ito. Alamin kung saan sila nagtatago. Maaaring malaman mo sa pamamagitan ng pagbasa ng label ng Mga Katotohanan sa Nutrisyon sa mga pagkain at inumin.

Matatagpuan ang ***Saturated fat*** sa mga pagkaing tulad ng karneng *high-fat*, keso, gatas, at mantekilya.

Matatagpuan ang ***Trans fat*** sa mga pagkaing tulad ng *vegetable shortening*, *stick margarine*, mga pritong pagkain, at mga naihurnong produkto (*cookies*, mga biskwit, *pie*, at *pastry*).

Jose: “Nabawasan kami ng timbang at halos naging normal ang mga antas ng aming kolesterol. Mabuti ang aming pakiramdam! Kumakain na rin ng mga malulusog na pagkain ang mga bata.”



Start eating heart healthy foods by making a few changes at a time.

Eat **more** of these foods:

- Fat-free or low-fat (1%) milk, cheese, and yogurt, or lactose-free products such as soy milk
- Fruits, vegetables, and whole grains
- Fish* and seafood
- Turkey and chicken without the skin



- Lean cuts of meat
- Beans and lentils
- Steamed brown or white rice
- Tofu

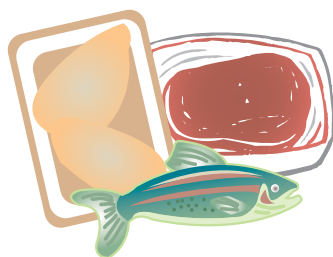


*Pregnant and nursing mothers: Talk to your health care provider to find out what kinds of fish are lower in mercury. Mercury may be harmful for your baby.

Magsimulang kumain ng malulusog na pagkain sa pamamagitan ng paisa-isang paggawa ng ilang mga pagbabago.

Kumain ng mas maraming pagkaing ito:

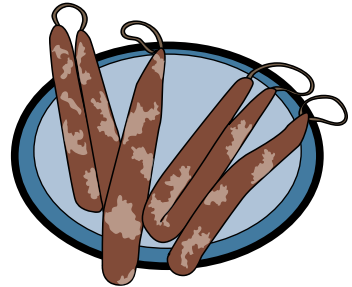
- *Fat-free* o *low-fat* (1%) na gatas, keso, at *yogurt*, o *lactose-free* na mga produkto tulad ng gatas ng soya
- Mga prutas, gulay, at buong mga butil
- Isda* at pagkaing dagat
- Pabo at manok na walang balat
- Payat na hiwa ng karne
- Mga *beans* at patani
- Sinaing na kaning kulay tsokolate o puti
- Tokwa



*Para sa Nagdadalantao at Nagpapasusong mga Ina: Makipag-usap sa iyong tagapangalaga ng kalusugan upang malaman kung anong mga uri ng isda ang mababa sa *mercury*. Ang *Mercury* ay maaaring maging masama para sa iyong *baby*.

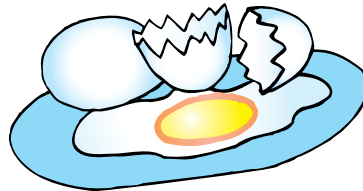
Cut back on these foods:

- Whole milk, regular cheese, and ice cream
- Coconut milk
- Butter and stick margarine
- Lard, coconut, palm, or palm kernel oil
- Fatty cuts of meat
- Sausages, hot dogs, and bologna
- Liver, kidneys, and other organ meats
- Canned meat, such as pork, corned beef hash, and vienna sausage
- Egg yolks. Have no more than four a week.



Bawasan ang mga pagkaing ito:

- Buong gatas, *regular* na keso, at sorbetes.
- Gata
- Mantekilya at de-baretang margarin
- Mantika, niyog, mantikang gawa sa niyog, o *palm kernel*
- Matatabang hiwa ng karne
- Mga longganisa, *hot-dog*, at *bologna*
- Atay, mga bato, at iba pang organ ng mga karne
- De-latang karne, tulad ng baboy, *corned beef hash*, at *Vienna sausage*
- Pula ng mga itlog. Na hindi hihigit sa apat sa isang linggo.



Read the Nutrition Facts labels to choose foods lower in saturated fat, *trans* fat, and cholesterol.

Compare these Nutrition Facts labels for an English muffin and a doughnut.

Which one would you choose? _____

English Muffin

Nutrition Facts	
Serving Size 1 muffin (57g)	
Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 15%	Iron 8%

Doughnut

Nutrition Facts	
Serving Size 1 doughnut (85g)	
Servings 1	
Amount Per Serving	
Calories 300	Calories from Fat 140
% Daily Value*	
Total Fat 16g	24%
Saturated Fat 4g	20%
<i>Trans</i> Fat 5g	
Cholesterol 5mg	2%
Sodium 130mg	5%
Total Carbohydrate 38g	13%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 3g	
Vitamin A 0% • Vitamin C 2%	
Calcium 8%	Iron 8%

Answer: The English muffin is the better choice. The doughnut is higher in saturated fat, *trans* fat, and cholesterol.

Basahin ang tatak ng Mga Katotohanan sa Nutrisyon upang pumili ng mga pagkaing mababa sa *saturated fat*, *trans fat*, at kolesterol.

Ihambing ang mga tatak ng Mga Katotohanan sa Nutrisyong ito sa isang *English muffin* at sa isang *doughnut*.

Ano ang iyong pipiliin? _____

English Muffin

Nutrition Facts	
Serving Size 1 muffin (57g)	
Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 8%

Doughnut

Nutrition Facts	
Serving Size 1 doughnut (85g)	
Servings 1	
Amount Per Serving	
Calories 300	Calories from Fat 140
% Daily Value*	
Total Fat 16g	24%
Saturated Fat 4g	20%
<i>Trans</i> Fat 5g	
Cholesterol 5mg	2%
Sodium 130mg	5%
Total Carbohydrate 38g	13%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 3g	
Vitamin A 0%	Vitamin C 2%
Calcium 8%	Iron 8%

Sagot: Ang *doughnut* at mas mataas sa *saturated fat*, *trans fat*, at kolesterol.

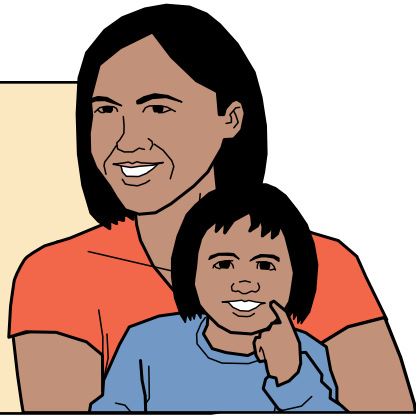
2. **Do 30 to 60 minutes of moderate physical activity on most days.**
3. **Aim for a healthy weight. Lose weight if you are overweight.**

What are triglycerides?

Triglycerides are another type of fat found in the blood. When your triglycerides are high, it can raise your risk for heart disease.

A healthy triglyceride level is less than 150 mg/dL.

Rose: “The doctor told me my triglyceride level is 300 mg/dL. This is twice as high as the normal value. I cut back on sweets like sweet rice cakes and soda. I drink less alcohol.”



These steps can help you control your triglyceride level:

- Aim for a healthy weight. Lose weight if overweight.
- Be physically active.
- Quit smoking if you smoke.
- Limit foods and beverages that are high in sugar.
- Limit the amount of alcohol you drink.



2. Mag-ehersisyo nang 30 hanggang 60 minuto sa nakararaming mga araw.
3. Gawing Hangarin ang Isang Malusog na Timbang. Magbawas ng timbang kung sobra ka sa timbang.



Ano ang mga triglyceride?

Ang Triglyceride ay ibang uri ng taba na mahahanap sa dugo. Kapag mataas ang iyong triglyceride, maaari nitong taasan ang panganib ng pagkakaroon ng sakit sa puso.

Ang isang malusog na antas ng triglyceride ay mababa sa 150 mg/dL.

Rose: “Sinabi ng duktur sa akin na ang aking antas ng triglyceride ay 300 mg/dL. Ito ay mataas ng dalawang beses kaysa sa normal na halaga. Nagbawas ako ng mga matatamis tulad ng bibingka at *soda*. Konti ang aking iniinom na alak.”

Ang mga hakbang na ito ay makakatulong sa iyo sa pagkontrol ng iyong antas ng triglyceride:

- Gawing Hangarin ang Isang Malusog na Timbang. Magbawas ng timbang kung sobra na ang timbang.
- Maging aktibo ang katawan.
- Huminto sa paninigarilyo kung ikaw ay naninigarilyo.
- Limitahan ang mga pagkain at inumin na mayaman sa asukal.
- Limitahan ang dami ng alak na iyong iniinom.



What Is the Metabolic Syndrome?

The metabolic syndrome is a cluster of factors that increases your chances of developing heart disease or stroke. It also increases your risk for diabetes.

Jose: “My doctor said that you only need three out of the five factors to have the metabolic syndrome, and that is what I have: My triglyceride level is high, my HDL (good cholesterol) is low, and my waist measurement is high. The five factors can cause trouble for the heart. I am working with my doctor to beat them.”





Ano ang *Metabolic Syndrome*?

Ang *Metabolic syndrome* ay isang kumpol ng mga kadahilanan ng panganib na nagtataas ng iyong pagkakataong mapabuti ang sakit sa puso o stroke. Nagtataas din ito sa iyo ng panganib sa diyabetis.

Jose: “Sinabi ng aking duktur na kinakailangan mo lamang ng tatlo sa limang mga kadahilanan ng panganib upang magkaroon ng *metabolic syndrome*, at mayroon ako nito: Ang aking antas ng triglyceride ay mataas, ang aking HDL (mabuting kolesterol) ay mababa, at ang aking sukat ng baywang ay mataas. Ang limang kadahilanan ng panganib na sanhi ng pagkasira ng puso. Nakikipagtulungan ako sa aking duktur upang manaig sa mga ito.”

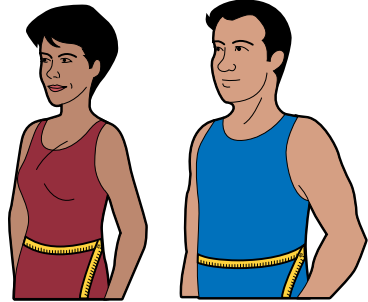
Do you have the metabolic syndrome?

Having three or more of these factors means you have the metabolic syndrome.

Check the factors you have:

High waist measurement

- More than 35 inches for women
- More than 40 inches for men



High triglyceride level—150 mg/dL or more

Low HDL (good) cholesterol level

- Less than 50 mg/dL for women
- Less than 40 mg/dL for men

High blood pressure—130/85 or more (either number that is high counts as a risk)

High fasting blood sugar—100 mg/dL or more



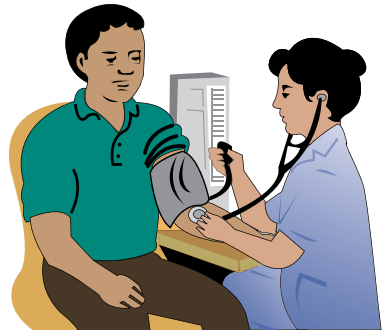
If you have three or more of these factors, talk to your doctor about the metabolic syndrome.

Mayroon ka bang *metabolic syndrome*?

Mayroong tatlo o mas maraming mga kadahilanan na nangangahulugang mayroon kang *metabolic syndrome*.

✔️ Lagyan ng tsek ang mga kadahilanan na mayroon ka:

- Malaking sukat ng baywang
 - Higit sa 35 na pulgada (88 cm) para sa mga babae
 - Higit sa 40 na pulgada (102 cm) para sa mga lalaki
- Mataas na antas ng triglyceride—150 mg/dL o mas mataas
- Mababang HDL (mabuti) antas ng kolesterol
 - Mababa sa 50 mg/dL para sa mga babae
 - Mababa sa 40 mg/dL para sa mga lalaki
- Alta-presyon—130/85 o mas mataas (alinman sa mga numerong mataas ang bilang bilang panganib)
- Mataas na asukal sa dugo matapos mag-ayuno—100 mg/dL o mas mataas



Kung mayroon kang tatlo o higit pa sa mga kadahilanan ng panganib, makipag-usap sa iyong duktur tungkol sa *metabolic syndrome*.



My Family Plan To Lower Blood Cholesterol Levels

Check the steps you plan to take to lower your blood cholesterol and keep it low. Start with a few changes and add more over time.

- Get my cholesterol level checked.
- Talk to my doctor about what my cholesterol numbers mean.
- Read Nutrition Facts labels to choose foods lower in saturated fat, *trans* fat, and cholesterol.
- Bake, broil, or grill foods instead of frying.
- Eat more fruits, vegetables, and whole grains.
- Aim for a healthy weight. Lose weight if overweight.
- Choose water or sugar-free beverages instead of soda and juice.
- Do 30 to 60 minutes of moderate physical activity on most days.
- If you smoke, quit.





Ang plano ng aking Pamilya Upang Babaan ang mga Antas ng Kolesterol sa Dugo

Lagyan ng tsek ang mga hakbang na iyong naipalang makuha upang babaan ang kolesterol sa dugo at panatilihin itong mababa. Magsimula ng ilang mga pagbabago at madaragdagan sa paglipas ng panahon.

- Ipasuri ang aking antas ng kolesterol.
- Makipag-usap sa aking duktur tungkol sa kahulugan ng bilang ng aking kolesterol.
- Basahin ang mga tatak ng Mga Katotohanan sa Nutrisyon upang pumili sa mga pagkaing mababa sa *saturated fat*, *trans fat*, at kolesterol.
- Lutuin sa hurno, litson, o ihaw na mga pagkain sa halip na prito.
- Kumain ng mas maraming mga prutas, gulay, at buong butil.
- Gawing Hangarin ang Isang Malusog na Timbang. Magbawas ng timbang kung sobra na sa timbang.
- Piliin ang tubig o *sugar-free* na inumin sa halip sa *soda* at *juice*.
- Mag-ehersisyo nang 30 hanggang 60 na minuto sa nakararaming mga araw.
- Kung ikaw ay naninigarilyo, huminto.

My Heart Health Card

Use this card to record the results of your tests. Take action to keep your heart healthy.

Name: _____

NOTE: ♥ = Normal values

Weight	Date				
	Result				
Body Mass Index (BMI) ♥ 18.5 to 24.9	Date				
	Result				
Waist Measurement ♥ Men—40 inches (102 centimeters) or less ♥ Women—35 inches (88 centimeters) or less	Date				
	Result				
Blood Pressure ♥ Less than 120/80 mmHg	Date				
	Result				
Tests to measure “fats” in the blood					
Total Cholesterol ♥ Less than 200 mg/dL (ideal)	Date				
	Result				
LDL ♥ Less than 100 mg/dL (ideal) ♥ Less than 130 mg/dL (near ideal)	Date				
	Result				
HDL ♥ 40 mg/dL or more	Date				
	Result				
Triglycerides ♥ Less than 150 mg/dL	Date				
	Result				
Tests to check sugar in the blood for diabetes					
Blood Glucose ♥ Less than 100 mg/dL	Date				
	Result				
A1C ♥ Less than 7%	Date				
	Result				
Other tests	Date				
	Result				

Aking Heart Health Card

Gamitin ang kard na ito upang maitala ang mga resulta ng iyong mga pagsusuri. Kumilos upang mapanatiliing malusog ang iyong puso.

Pangalan: _____

TANDAAN: ♥ = Normal na mga halaga

Timbang	Petsa				
	Resulta				
Body Mass Index (BMI) ♥ 18.5 hanggang 24.9	Petsa				
	Resulta				
Sukat ng Baywang ♥ Kalalakihan—40 pulgada (102 cm) o mas mababa ♥ Kababaihan—35 pulgada (88 cm) o mas mababa	Petsa				
	Resulta				
Presyon ng Dugo ♥ Mababa sa 120/80 mmHg	Petsa				
	Resulta				
Mga pagsusuri upang masukat ang “fats” sa dugo					
Kabuuang Kolesterol ♥ Mababa sa 200 mg/dL	Petsa				
	Resulta				
LDL ♥ Mababa sa 100 mg/dL (pinakamainam) ♥ Mababa sa 130 mg/dL (malapit sa kainaman)	Petsa				
	Resulta				
HDL ♥ Higit sa 40 mg/dL	Petsa				
	Resulta				
Triglycerides ♥ Mababa sa 150 mg/dL	Petsa				
	Resulta				
Mga pagsusuri upang masuri ang asukal sa dugo para sa diyabetis					
Asukal sa dugo (pag-aayuno) ♥ Mababa sa 100 mg/dL	Petsa				
	Resulta				
A1C ♥ Mababa sa 7%	Petsa				
	Resulta				
Iba pang mga pagsusuri	Petsa				
	Resulta				

Read other booklets in the *Healthy Heart, Healthy Family* series:

- Help Your Heart: Control Your High Blood Pressure
- Are You at Risk for Heart Disease?
- Keep the Beat: Aim for a Healthy Weight
- Protect Your Heart: Prevent and Control Diabetes
- Be Heart Healthy: Enjoy Living Smoke Free

For More Information

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