Cholesterol Screenings
VMH Health Education Office

📅 2018 Dates
Every 1st and 3rd Wednesday of the Month

What’s Measured?

**LDL Cholesterol**
Referred to as “bad” cholesterol, LDL (Low Density Lipoprotein) cholesterol collects in the lining of arteries and compromises blood flow. Elevated LDL levels are commonly the result of inactivity, obesity and type II diabetes.

**HDL Cholesterol**
HDL cholesterol is described as “good cholesterol.” It flows through the bloodstream and removes harmful bad cholesterol. High HDL levels reduce the risk of heart disease.

People with high cholesterol may feel perfectly healthy and high cholesterol levels usually don’t cause any signs or symptoms, this is why a cholesterol screening is important. A cholesterol screening simply measures the amount of cholesterol in your blood. The higher your cholesterol levels the higher your risk of heart attack or stroke. You are also at a higher risk of coronary heart disease.

All Screening Times Are From 9 a.m. - 11 a.m.

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