

Title:

Cholesterol and TGs Are You

Word Count:

346

Summary:

An explanation of what cholesterol and triglycerides are and how a person can help to control

Keywords:

cholesterol, triglycerides, TGs

Article Body:

Cholesterol is a fat-like substances made by you body. Although the cells of your body need so

There is 'good' cholesterol HDL and there is LDL which is "bad" cholesterol. HDL helps take ch

Triglycerides (TGs) is a type of fat found in your blood and stored in you body as fat. High l

Who is more likely to have high cholesterol? Any adult 20 or older can have high cholesterol;

You can take a simple blood test to see if your cholesterol is high and also to find out your

To keep your cholesterol at a healthy level and to lower your risk of heart attack and stroke

Eat a healthy diet.

Exercise.

Have your cholesterol checked.

Take your medicine if your doctor has prescribed it.

Here are some more facts you need to know. More than half of American adults have a cholesterol

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