

**Press Release**  
**FOR IMMEDIATE RELEASE**

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## **Cholesterol Education Can Prevent Stroke and Other Cardiovascular Conditions**

*September is noted as Cholesterol Education Month in the United States.*

EASTLAND, Texas (August 31, 2015) – Heart disease and stroke are the two leading causes of death in the nation. With that knowledge, understanding the several risk factors can be a life-saving measure. September is National Cholesterol Education Month, and Eastland Memorial Hospital is urging the community to take a moment and learn more how controlling your cholesterol can prevent diseases.

Cholesterol is a fat-like substance that your body needs to function, circulating through your body via arteries. There are two types of cholesterol: high-density lipoprotein (HDL) and low-density lipoprotein (LDL).

HDL is a “good type” that circulates the blood stream, helping to remove bad kinds of cholesterol. LDL is the “bad type” of which physicians typically refer to when discussing cholesterol levels. When LDL levels increase, the fat-like substance builds along the walls of your arteries. When large mounds build, blood clots can occur causing a number of health conditions, including stroke.

According to the Centers for Disease Control and Prevention, 71 million American adults have high cholesterol. Adding to this staggering statistic, it is reported that only one-third of said Americans have the condition under control.

“Education and prevention are key to living a healthy life, and that doesn’t just apply to cholesterol,” says Dr. Valerie DeLuca, an Internal Medicine physician in Eastland. “The first step to combat high-cholesterol is knowing where you stand. That can be accomplished with screenings and lab tests.”

Dr. DeLuca says that through a simple blood test ordered by your doctor, your cholesterol level can be examined. It is recommended that adults age 20 years or older should have their cholesterol checked every five years.

It is imperative that individuals with high cholesterol make important lifestyle changes.

Well-balanced diets that exclude saturated and trans fats is key. Diets that include “good fats”, such as polyunsaturated fats, can help lower blood cholesterol levels.

According to Dr. DeLuca, increasing daily physical activity can help lower cholesterol. HE/SHE says that adults who engage in moderate-intensity exercise for at least 2.5 hours each week have a greater ability of lowering their cholesterol levels.

For those with severe cases of high-cholesterol, a physician might order additional tests and recommend prescription medication to help lower cholesterol levels.

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“With the rise of cardiovascular diseases, it’s important that everyone fully understand where they stand with cholesterol and do what is necessary to control it,” Dr. DeLuca adds. “It could be a matter of life or death.”

### **About Eastland Memorial Hospital**

Eastland Memorial Hospital provides healthcare for those communities in Eastland County, Texas. Founded in 1953, Eastland Memorial Hospital offers a wealth of medical services including: 24 hour emergency care, advanced radiology services including CT scanning and MRIs, outpatient lab, physical therapy, surgical services, patient education, sleep studies, and more. For additional information, please visit [www.eastlandmemorial.com](http://www.eastlandmemorial.com).

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