

staying

HEALTHY



HORIZON
HEALTH

Is all cholesterol bad?

Can high cholesterol be good for you? In some instances – yes.

High levels of “good” cholesterol, called HDL (high-density lipoprotein), can lower the risk for heart disease and stroke by removing harmful cholesterol from the bloodstream. High levels of “bad” cholesterol, called LDL (low-density lipoprotein) can build up in the walls of blood vessels in the form of plaque. This raises the risk for heart disease and stroke.

Cholesterol can be confusing. Therefore, the Centers for Disease Control and Prevention and the American Heart Association offer the following facts and misconceptions about cholesterol:

Myth: A person can “feel” if he or she has high cholesterol.

Fact: High cholesterol usually has no signs or symptoms. Therefore, people may not know they have unhealthy cholesterol levels until it is too late – when a heart attack or stroke occurs.

Myth: Eating foods with a lot of cholesterol will not make cholesterol levels go up.

Fact: Foods with a lot of cholesterol often are high in saturated fat, which can increase cholesterol. This includes red meat, butter, and cheese.

Myth: Nothing can be done to change cholesterol levels.

Fact: Many things can improve cholesterol levels. Limit foods high in saturated fats. Get 150 to 300 minutes of moderate physical activity each week and do not use tobacco products. Talk to your healthcare provider about cholesterol-lowering medications and know your family’s medical history.

Myth: Only overweight and obese people have high cholesterol.

Fact: People of any body type can have high cholesterol.

Myth: A person’s cholesterol level is a result of diet and physical activity level.

Fact: Diet and physical activity affect cholesterol, but are not the only factors. Some people are born with high cholesterol levels that they have inherited from their parents.

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Kara Wilcoxon, MS, RDN, LDN

Kara is a registered dietitian–nutritionist and the nutritional services manager at Horizon Health.



In the Paris Clinic, she provides nutritional counseling to patients who are referred to her by healthcare providers. She also provides individual nutrition counseling by appointment. At Paris Community Hospital, she performs rounding activities where she visits patients and conducts follow-up visits regarding their diet and nutrition needs.

Kara has a bachelor’s of science degree in family and consumer sciences with an emphasis in dietetics from Eastern Illinois University (EIU). She also has a master’s degree in nutrition and dietetics from EIU.

Kara is a member of the Academy of Nutrition and Dietetics and president of the Eastern Illinois Academy of Nutrition and Dietetics. She also is a member of Bee Well of Edgar County. Kara is originally from Rantoul and currently resides in Charleston.

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Oakland Clinic
5 S. Walnut St., Oakland, IL 61943

Chrisman Clinic
112 W. Madison Ave., Chrisman, IL 61924

EZ Care—Marshall
1602 N. Illinois Hwy 1, Marshall, IL 62441

Paris Clinic
727 E. Court St., Paris, IL 61944

EZ Care
1 Phipps Lane, Paris, IL 61944

Senior Care
15323 US Highway 150, Paris, IL 61944

MyHorizonHealth.org

Improve your cholesterol numbers

Diet can play an important role in lowering cholesterol.

According to the American Heart Association, Centers for Disease Control and Prevention, and others, the most effective dietary approach to reducing cholesterol is choosing foods that contain unsaturated fats rather than saturated or trans fats.

Unsaturated fats are common in fish, plants, nuts, seeds, beans, and vegetable oils. Saturated fats occur mostly in meat and dairy products. Trans fats are solidified vegetable oils found in fried food, baked goods, and packaged foods.

The Mayo Clinic lists its top foods for lowering cholesterol:

Oatmeal, oat bran, and high-fiber foods

Oatmeal contains soluble fiber, which reduces low-density lipoprotein (LDL) cholesterol, the “bad” cholesterol. Soluble fiber also is found in kidney beans, Brussels sprouts, apples, and pears.

Fish and omega-3 fatty acids

Fatty fish has high levels of omega-3 fatty acids, which can reduce triglycerides — a type of fat found in blood — as well as reduce blood pressure and risk of developing blood clots.

Foods with added plant sterols or stanols

Sterols and stanols are substances found in plants that help block the absorption of cholesterol. Margarines and orange juice with added plant sterols can help reduce LDL cholesterol.



Almonds and other nuts

Almonds and other tree nuts can improve blood cholesterol. A recent study concluded that a diet supplemented with walnuts can lower the risk of heart complications in people with history of a heart attack.

Avocados

Research suggests that adding an avocado a day to a heart-healthy diet can help improve LDL cholesterol levels in people who are overweight or obese.

Olive oil

Olive oil lowers inflammation, protects “bad” LDL cholesterol from oxidation, and improves the lining of blood vessels.

Whey protein

Studies have shown that whey protein given as a supplement lowers LDL, total cholesterol, and blood pressure.

Cholesterol *(Continued from front)*

Myth: If the nutrition label shows no cholesterol, the food is heart-healthy.

Fact: Many “no cholesterol” or “low fat” foods are high in other types of “bad” fats, such as saturated and trans fats. Check the food label for saturated fat, trans fat, and total calories. Also, the serving size that those numbers are based on may be smaller than the entire package.

Myth: Children do not need to worry about cholesterol.

Fact: Children can have high cholesterol levels, just like adults.

OCTOBER & NOVEMBER Community Health Programs

HEALTH SCREENINGS

October & November

» Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be available at the following clinic locations.

Chrisman Clinic—Oct. 8 @ 7:30–8:30 am

Paris Clinic—Oct. 18 & Nov. 22 @ 7–9 am

Fasting for eight hours in advance required. Cost is \$25 at each location. Call 217-466-4228.

FREE ADULT/CHILD/INFANT CPR/AED CLASS

October 7

» The non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED); 8 am to 1 pm in Conference Room A at Paris Community Hospital. Call 217-466-4045. When calling, leave your name and you will be registered.

LADIES NIGHT OUT

October 8

» This event titled “Enrich Your Mind, Body and Soul” will take place from 6 to 7:30 pm at Castle Finn Winery in Marshall. Speakers are Dr. Maria Horvat, OB/GYN; Marla Coffman, CPA; and Rita Rogers, mother, blogger & entrepreneur. Local vendors and appetizers will be available. Cost is \$20 per person and includes two drink tickets. Tickets are available at the Paris Community Hospital registration desk. Call 217-466-4294.

MOVIE NIGHT

October 12

» Join Horizon Health for this free community appreciation event sponsored at dusk at Twin Lakes Park. Free popcorn and drinks will be available. The movie will be announced on our Facebook page.

VOLUNTEERS’ CHOCOLATE SALE

October 21 & 22

» The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the Paris Clinic.

FREE MEDICARE SESSIONS

October 22 & 23

» Horizon Health will host free educational sessions in Chrisman and Paris to discuss the differences of traditional Medicare and other Medicare products. The public is invited to attend any of the four scheduled sessions titled, “Explaining Medicare”:

Chrisman—Oct. 22 at noon and again at 5:30 pm @ Chrisman Church of the Nazarene, 313 N. Pennsylvania Street, Chrisman.

Paris—Oct. 23 at noon and again at 5:30 pm @ Horizon Health (Conference Room A), 721 E. Court Street, Paris.

Light refreshments will be available. Registration is not required. Call Lisa Ellis at 217-466-4310.