

Know Your Numbers!

September is recognized as National Cholesterol Education Awareness Month. Having high cholesterol puts you at risk for heart disease, the leading cause of death in the U.S. According to the Centers for Disease Control (CDC) nearly one in six adults in the U.S. has high cholesterol.

People diagnosed with high cholesterol are also at a higher risk of developing heart disease. While “cholesterol” can often have a negative connotation attached to it, it is important to understand that there are two different types of cholesterol. First your LDL meaning low-density lipoproteins makes up the majority of the cholesterol in the body. The second type of cholesterol is HDL meaning high-density lipoproteins, which is considered to be the “good” cholesterol. High levels of HDL’s can help reduce the risk of heart disease and stroke. (www.cdc.gov)

Healthy behaviors are a key player in keeping high cholesterol at bay. But if your healthy behaviors are lacking you could be putting yourself at a higher risk. Diet is one of those behaviors that is very important. Certain foods can raise your cholesterol levels. Weight is also a major player in the cholesterol game. Last but not least, physical activity is a very important behavior. Not getting enough physical activity can make you gain weight which in turn leads to higher cholesterol levels.

Knowing your numbers is important! If you have high cholesterol typically you will not show any signs or symptoms. The best way to prevent high cholesterol is to get a blood test. Wellness screenings are an easy way to get these tests done. As a Chamber Choices customer these are included in your added benefits. Over the last few months Chamber Choices has hosted several wellness screenings across the state. This month there are screenings scheduled for Libby on 9/4, West Yellowstone 9/4, Dillon 9/6 and Ronan 9/6.

Wellness and prevention have always been very important in the Montana Chamber Choices Health Insurance program. Prevention is extremely important for early detection and treatment for a number of illnesses/diseases. There are many preventative benefits available through our plan options. We encourage you to become more familiar with your numbers and get your blood tested. For more information on Chamber Choices please go to www.ChamberChoices.com.



