



# A MINUTE OF HEALTH WITH CDC

## *Cholesterol Check*

*National Cholesterol Education Month — United States, 2015*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Cardiovascular disease is the leading cause of death in the U.S., and high blood cholesterol is a risk factor. Some types of cholesterol are healthy and necessary. However, too much bad cholesterol can accumulate in arteries and restrict or completely block blood flow. Often, the first indication of high cholesterol is a heart attack or stroke. A healthy diet that's high in fruits and vegetables and low in fats from animal products, such as cheese and fatty meats, can prevent the build-up of bad cholesterol. Regular cholesterol screening can determine if you are at risk for heart disease or stroke.

Thank you for joining us on a Minute of Health with CDC.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*