

Mayo Clinic Minute

What you need to know about cholesterol

Video	Audio
	We see it listed on food labels and hear health care professionals talk about it, but do you know what cholesterol actually is?
00:08:15 CLAIRE HAGA, M.D. FAMILY MEDICINE Mayo Clinic	“There is bad cholesterol and this is what actually builds the plaques in our arteries and that’s where we get concerned.”
	Cholesterol is a waxy substance that’s found in the fats in your blood.
	When you have high cholesterol, you may develop fatty deposits in your blood vessels, which eventually could make it difficult for enough blood to flow through your arteries.
00:08:22 DR. CLAIRE HAGA	“So that bad cholesterol, when those plaques build, if they rupture, they can go and cause a heart attack or even cause a stroke.”
	Dr. Claire Haga, a Mayo Clinic physician, says what you eat affects your cholesterol levels, so you have some power to control it.
00:08:43 DR. CLAIRE HAGA:	“So examples of trans fats, a lot of this is going to be your products that are prepackaged, sometimes things like donuts and cookies.”
	You also want to cut back on saturated fats that are often found in animal products like butter or bacon.
	Dr. Haga says you can also help lower your cholesterol when you take in more omega-3s, which are good fats that you find in fish, nuts and avocado.
	For the Mayo Clinic News Network, I’m Ian Roth.