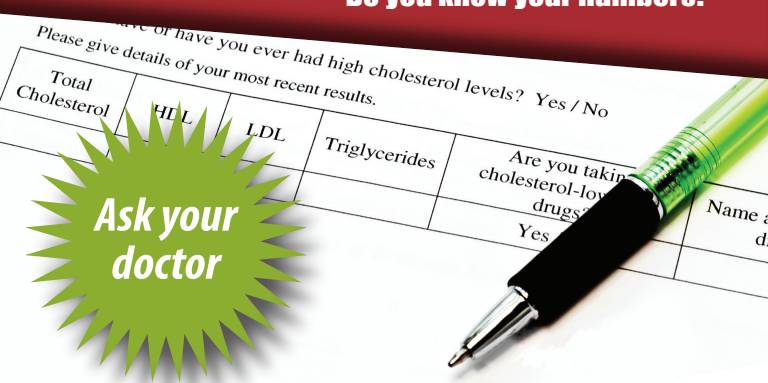


Cholesterol

Do you know your numbers?



**Ask your
doctor**

The Good = HDL Cholesterol: *Keep it high*

The Bad = LDL Cholesterol: *Keep it low*

**The Ugly = too much cholesterol can
lead to heart attack and stroke**

Visit www.heart.org
for more information about
cholesterol and heart health



Minnesota Diabetes &
Heart Health Collaborative

The Minnesota Diabetes and Heart Health Collaborative: Working together to keep you informed

www.mn-dc.org