



Elder Newsletter

Fond du Lac Reservation Public Health Nursing Dept.

September 2010

Understanding Cholesterol

What is cholesterol?

Cholesterol is one of the fats called lipids that are found in the bloodstream. It is essential to your body's cell membranes, to the insulation of your nerves, and to the production of hormones such as estrogen and testosterone. There are two kinds of cholesterol: **blood**, or **serum cholesterol**, which is manufactured by the liver and makes up 2/3 of the cholesterol in your blood, and **dietary cholesterol**, which is in the animal products you eat.

Good Cholesterol vs. Bad Cholesterol

In order to move throughout the bloodstream cholesterol and other fats must attach themselves to proteins called lipoproteins. The two most common known are the "**Bad**" **low-density lipoproteins (LDL)** and the "**Good**" **high density lipoproteins (HDL)**.

LDL's transport 75% of the blood's cholesterol to the

body's cells. When there is an over supply, LDL's deposit excess onto the walls of the arteries and layers of waxy plaque are formed. The buildup of this plaque blocks or obstructs the arteries, which reduces blood flow to the heart muscle. This process is called **atherosclerosis** and is the major cause of heart disease. The major role of the HDL's is to remove the cholesterol from the walls of the arteries and return them to the liver. So high levels of HDL's are important!



Reduce Your Cholesterol Levels

Eating a diet low in saturated fats, sodium, and calories can lower cholesterol levels. A healthy diet should contain grains, fresh fruits

and vegetables, and small portions of lean meat, chicken, and fish. Add soluble fiber, such as oatmeal and beans, to your diet. Use Low-fat or Skim dairy products instead of those with whole milk. **Always check the labels on products.**

In addition regular aerobic exercise 3-5 times per week for 20-30 minutes may help raise your HDL levels.

What do your levels mean?

- ♦ A reading below 200 is low and therefore desirable.
- ♦ A reading of 200 to 239 is considered borderline or high if other cardiac risk factors such as family history of heart disease are present
- ♦ A total cholesterol level of 240 or above is very high and you need to be monitored carefully by testing and therapy.

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Meet the New Staff



Hello, My name is Calysta Kick. I will be working as a Public

Health Nurse at Min No Aya Win. I graduated from The College of St. Scholastica and have worked in a nursing home and ventilator care residence. I look forward to meeting you.



Hello, my name is Alyssa Savage, I'm one of the new Health

Care Assistant at Min No Aya Win. Some of you may remember me, I did work here before. My family and I live on Fond du Lac and I am excited to be working back in my community.

Prostate Cancer Awareness Month; What Should You Know

Prostate cancer is the growth of tumor cells in the prostate, one of the male sex glands. It is about the size of a walnut located below the bladder. Prostate cancer is the most common form of cancer and is the second leading cause of cancer death in men. It generally grows slowly and remains in the gland but it can spread rapidly and cause death.

Risk Factors

Age: The older a man is, the greater his risk for getting prostate cancer.

Family History: A man with a father, brother, or son who has had prostate cancer is two to three times more likely to develop the disease himself

Race: Prostate cancer is more common in some racial ethnic groups than in others.

Symptoms

Difficulty starting urination. Weak, or interrupted flow of urine.

Frequent urination, especially at night.

Difficulty emptying the bladder completely.

Pain or burning during urination.

Blood in the urine or semen.

Pain in the back, hips, or pelvis that doesn't go away.

Painful ejaculation.

<http://www.cdc.gov>



Hello, my name is Julie Goodreau I'm a new Health Care

Assistant at the Min No Aya Win clinic. I'm very happy to be back to the FDL community and look forward to getting to know the many wonderful people the PHN department serves daily.