

## All ages should keep cholesterol in mind

\*\*\*SOT\*\*\*

**Tricia Herman, cardiac rehabilitation registered nurse at OSF HealthCare in Danville, Illinois**

“When we have our cholesterol checked, it’s not just total cholesterol that we’re really looking at. We’re looking at three different levels. The bad cholesterol is LDL [low-density lipoprotein]. You can consider it lousy. The good cholesterol is HDL [high-density lipoprotein]. And triglycerides is another level that we take a look at.” (:20)

\*\*\*SOT\*\*\*

**Tricia Herman, cardiac rehabilitation registered nurse at OSF HealthCare in Danville, Illinois**

“Eating habits are the hardest thing for a lot of people. It’s the way we were brought up. What was served at our table when we were younger become habits we grow up with.” (:13)

\*\*\*SOT\*\*\*

**Tricia Herman, cardiac rehabilitation registered nurse at OSF HealthCare in Danville, Illinois**

“Create a meal plan for your child that has lots of fruits and vegetables. Don’t have them eat on the go. Have them sit down and eat so it’s more meaningful and thoughtful.” (:12)

\*\*\*SOT\*\*\*

**Tricia Herman, cardiac rehabilitation registered nurse at OSF HealthCare in Danville, Illinois**

“You’re at risk for stroke if it’s happening in your brain or even in your carotid arteries [in your neck]. You’re at risk for heart disease if it’s happening in your heart. And peripheral artery disease if it happens in your legs.” (:13)