



**Learn Your Cholesterol Number!**

“My blood cholesterol level was high—over 240! I thought I would have to give up taste by eating healthy foods. I soon found out that making smart food choices was easy. Food tasted good. My level dropped to a desirable number in only 6 months! And I lost weight.”

– Pang

**Aim to keep your cholesterol under 200.**

Your body makes all the cholesterol you need to keep you healthy. When you eat foods high in saturated fat and cholesterol, your body can make too much cholesterol.

Over time, this extra cholesterol can clog your arteries.

You are then at risk for having a heart attack.

All adults age 20 or older need to have their blood cholesterol checked at least once every 5 years. People with high numbers need to be tested as

**Yuav tsum kawm kuam paub txug koj cov ntshaav rog!**

“kuv cov ntshaav rog sab heev le—sab tshaaj 240! Kuv xaav tas ntshe kuv yuav tsum tau tseg kev noj qaab qaab es noj tej yaam zaub mov zoo tsua kuv lub cev xwb. Tabsis tsis ntev tom qaab, kuv mam le paub tas nrhav kev noj zaub mov kuam zoo tsua lub cev yooj yim heev. Cov zaub mov zoo tsua lub cev qaab kawg. Kuv cov ntshaav rog txha le nqeg raws le sab nyam tauj 6 lub hlis! Hab kuv tseem poob phaus tuab si.”

--Paaj

**Txwv kuam koj cov ntshaav rog nqes tshaaj 200.**

Koj lub cev yeej ua tag nrho cov ntshaav rog kws yuav ua kuam koj noj qab nyob zoo. Thaum koj noj zaub mov kws muaj rog los yog paav ywj ntau ntau, koj lub cev yuav ua ntshaav rog ntau heev tuaj.

Ntev moog, cov ntshaav rog nuav yuav moog txhaws koj cov leeg ntshaav.

Thaum hov koj yuav muaj feem muaj plawv nreg.

Txhua tug neeg laus uas muaj nub yug le 20 xyoo hab laug tshaaj hov yuav tsum moog kuaj ntshaav rog ib zag tauj 5 lub xyoo. Cov tuab neeg kws muaj ntshaav rog sab heev yuav tsum moog

**Yuav tsum kawm kom paub txoj koj cov ntshav rog!**

“kuv cov ntshav rog siab heev li—siab tshaj 240! Kuv xav tias ntshe kuv yuav tsum tau tseg kev noj qab qab es noj tej yam zaub mov zoo rau kuv lub cev xwb. Tabsis tsis ntev tom qab, kuv mam li paub tias nrhiv kev noj zaub mov kom zoo rau lub cev yooj yim heev. Cov zaub mov zoo rau lub cev qab kawg. Kuv cov ntshav rog thiaj li nqis raws le kuv lub siab nyiam tauj 6 lub hlis. Thiab kuv tseem pooh phaus tib si.”

--Paj

**Txwv kom koj cov ntshav rog nqis tshaj 200.**

Koj lub cev yeej ua tag nrho cov ntshav rog uas yuav ua koj koj noj qab nyob zoo. Thaum koj noj zaub mov uas muaj rog los yog pav ywj ntau ntau, koj lub cev yuav ua ntshav rog ntau heev tuaj.

Ntev mus, cov ntshav rog nov yuav mus ntxhaws koj cov leeg ntshav.

Thaum ntawv koj yuav muaj feem muaj plawv nres.

Txhua tus neeg laus uas muaj hnuv yug li 20 xyoo thiab laus tshaj hov yuav tsum mus kuaj ntshav rog ib zaug tauj 5 lub

**A collaborative Hmonghealth.org and Healthy Roads Media [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org) project**

This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Contract No. N01-LM-6-3503 with the University of Illinois at Chicago.

advised by a doctor.

### Protect your health.

Ask your doctor to do a simple test to measure how much cholesterol is in your blood.

Your doctor will tell you your number.

- Learn what your number means.

**A blood cholesterol under 200 is desirable.** Good for you!

Be active. Eat foods low in saturated fat and cholesterol.

If your number is **between 200 and 239**, you have a borderline-high blood cholesterol.

**Be alert!** You are at risk for a heart attack.

You need to be more active and make some changes in the foods you eat. Eat fewer foods high in saturated fat and cholesterol.

If your number is **240 and over**, you have high blood cholesterol. **Danger!** You have a higher risk for a heart attack. Work with your doctor to lower it.

**Steps I will take for a healthy heart:**

kuam raws le tug kws khu mob tau qha tseg.

### Tiv thaiv koj txuj kev noj qab haus huv.

Nug koj tug kws khu mob kuam nwg ntsuas seb koj muaj ntshaav rog sab npaum le cag nyob tsua huv koj cov ntshaav.

Koj tug kws khu mob yuav qha koj seb koj cov ntshaav rog sab npaum le cag. Nws yuav qha koj ib tug lej.

- Kawm kuam paub seb tug lej hov ho txhais le cag.

**Ntshaav rog qes tshaaj 200 yog qhov koj xaav tau.** Nwg yog ib qhov zoo tsua koj.

Yuav tsum ua dlag zug. Noj tej zaub mov kws muaj roj npuas hab rog tsawg tsawg xwb.

Yog tas koj tug lej (kws qha txug koj cov ntshaav rog) **nyob nruab nrab ntawm 200 hab 239**, txhais tau tas koj nyob ze tsua qhov yuav muaj ntshaav rog.

**Xyuam xim!** Koj muaj feem yuav muaj plawv nreg.

Koj yuav tsum ua dlag zug ntau dlua hab yuav tsum tau hloov tej yaam zaub mov kws koj noj. Tsis txhob noj cov zaub mov kws muaj roj npuas hab rog ntau ntau.

Yog tas koj tug lej yog **240 hab tshaaj hov** lawm no ces koj twb muaj ntshaav rog lawm. **Teebmeem!** Koj muaj feem muaj plawv nreg. Ca koj tug kws khu mob paab koj kuam koj cov ntshaav rog nqes moog.

**Kev kws kuv yuav ua kuam paab tau lub plawv.**

xyoo. Cov tib neeg uas muaj ntshav rog siab heev yuav tsum mus kom raws li tus kws kho mub tau qhia tseg.

### Tiv thaiv koj txoj kev noj qab haus huv.

Noog koj tus kws kho mob kom nws ntsuas seb koj muaj ntshav rog siab npaum li cas nyob rau hauv koj cov ntshav.

Koj tus kws kho mob yuav qhia koj seb koj cov ntshav rog siab npaum li cas. Nws yuav qhia koj ib tug lej.

- Kawm kom paub seb tus lej ntawv ho txhais li cas.

**Ntshav rog qis tshaj 200 yog qhov koj xav tau.** Nws yog ib qhov zoo rau koj.

Yuav tsum ua dag zog. Noj tej zaub mov uas muaj roj npaus thiab rog tsawg tsawg xwb.

Yog tias koj tus lej (uas qhia txog koj cov ntshav rog) nyob **nruab nrab ntawm 200 thiab 239**, txhais tau tias koj nyob ze rau qhov yuav muaj ntshav rog.

**Xyuam xim!** Koj muaj feem yuav muaj plawv nres.

Koj yuav tsum ua dag zog ntau dua thiab yuav tsum tau hloov tej yam zaub mov uas koj noj. Tsis txhob noj cov zaub mov uas muaj roj npuas thiab rog ntau ntau.

Yog tias koj tus lej yog **240 thiab tshaj ntawv** lawm no ces koj twb muaj ntshav rog lawm.

**Teebmeem!** Koj muaj feem muaj plawv nres. Cia koj tus kws kho mob pab koj kom koj cov ntshav rog nqis mus.

**Kev uas kuv yuav ua kom pab tau lub plawv.**

**A collaborative Hmonghealth.org and Healthy Roads Media [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org) project**

This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Contract No. N01-LM-6-3503 with the University of Illinois at Chicago.

- √ Get my blood cholesterol level checked.
- √ Learn what my number means.
- √ Eat fewer foods high in saturated fat and cholesterol.
- √ Eat more fruits, vegetables, and grains.
- √ Stay more physically active.

What type of fat raises your blood cholesterol the most?

**Saturated fat** raises blood cholesterol the most. It is found mainly in foods that come from animals such as:

- Lard, pork fat, shortening
- Fatty meats such as ribs, hot dogs, sausage, pork rinds
- Whole milk, butter, cream, hi-fat cheeses

**Which foods are high in cholesterol?**

- Egg yolks
- Organ meats such as liver, brain, kidney

**Aim to keep your cholesterol under 200, so you can live a long and happy life!**

- √ Moog kuaj kuv cov ntshaav rog.
- √ Kawm seb kuv tug lej ntshaav rog txhais le cag.
- √ Noj zaub mov kws muaj rog hab rog kuam tsawg.
- √ Noj txiv maab txiv ntoo, zaub hab mov kuam ntau.
- √ Yuav tsum moog ua dlag zug kuam ntau dlua.

Yaam rog zoo le cag ua tsua koj cov ntshaav rog sab tshaaj?

**Roj nyeem** yog yaam rog kws ua tsua koj cov ntshaav rog nce tuaj. Tej yaam rog nuav nrhav tau lug ntawm tej yaam zaub mov kws muaj rog xws le nuav:

- Roj, rog lug ntawm npua,
- Nqaj rog xws li taav nqaj, hnyuv ntxwm, kav roj.
- Mis nyuj hu ua “whole milk,” butter, cream hab cov cheese kws muaj rog ntau ntau.

**Yaam zaub mov twg muaj rog ntau ntau?**

- Nkaub qai
- Nqaj nruab nrog xws li sab, hlwb, raum

**Txwv kuam koj cov ntshaav rog nyob qeg tshaaj 200, koj txha le yuav ua neej nyob ntev moog hav kaj sab lug.**

- √ Mus kuaj kuv cov ntshav rog.
- √ Kawm seb kuv tus lej ntshav rog txhais li cas.
- √ Noj zaub mov uas muaj roj thiab rog kom tsawg.
- √ Noj txiv maab txiv ntoo, zaub thiab mov kom ntau.
- √ Yuav tsum mus ua dag zog kom ntau dua.

Yam rog zoo li cas ua rau koj cov ntshav rog siab tshaj?

**Roj nyeem** yog yam rog uas ua rau koj cov ntshav rog nce tuaj. Tej yam rog no nrhiv tau los ntawm tej yam zaub mov ua muaj rog xws le nov:

- Roj, rog lug ntaw npua
- Nqaj rog xws li taav nqaj, hnyuv ntxwm, kiav roj.
- Mis nyuj hu ua “whole milk,” butter, cream thiab cov cheese ua muaj rog ntau ntau.

**Yam zaub mov twg muaj rog ntau ntau?**

- Nkaub qe
- Nqaj nruab nrog xws li siab, hlwb, raum

**Txwv kom koj cov tshav rog nyob qis tshaj 200, koj thiaj li yuav ua neej nyob ntev mus thiab kaj siab lug.**

**A collaborative Hmonghealth.org and Healthy Roads Media [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org) project**

This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Contract No. N01-LM-6-3503 with the University of Illinois at Chicago.



**Credits:** Adapted from the National Heart, Lung and Blood Institute Easy-to-Read Heart Health series. Translation in Green and White Hmong by Wausau Area Hmong Mutual Association with audio in Green Hmong. Produced for web by Healthy Roads Media. ©2008. Available for use as a public service at [www.hmonghealth.org](http://www.hmonghealth.org) and [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org). May be copied for non-profit educational use.

**Cov Txaj ntsig:** Txais yuav lug ntawm National Heart, Lung hab Blood Institute Easy-to-Read Heart Health. Tau muab txhais ua ntawv Moob Ntsuab hab Moob Dlawb lug ntawm Koomhum Moob Wausau. Tsim rua web lug ntawm Healthy Roads Media. ©2008. Muaj rua suav dlawg siv nyob huv [www.hmonghealth.org](http://www.hmonghealth.org) hab [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org). Pub luam coj moog siv qha dlawb rua lwm tug tau.

**Cov txiaj ntsim:** Txais yuav los ntawm National Heart, Lung thiab Blood Institute Easy-to-Read Heart Health. Tau muab txhais ua ntawv Hmoob Ntsuab thiab Hmoob Dawb los ntawm Kooshaum Hmoob Wausau. Tsim rau web los ntawm Healthy Roads Media. ©2008. Muaj rau sawv daws siv nyob huv [www.hmonghealth.org](http://www.hmonghealth.org) thiab [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org). Pub luam coj mus siv qhia dawb rau lwm tus tau.

**A collaborative Hmonghealth.org and Healthy Roads Media [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org) project**

This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Contract No. N01-LM-6-3503 with the University of Illinois at Chicago.