

# High Cholesterol: An Introduction to Treatment

## Synopsis

An informative adjunct to the study of Health and Nutrition, this program gives the viewer facts and strategies to overcome an increasingly common and dangerous problem: high cholesterol. What cholesterol is and does, optimum blood levels and the reduction of health risks are covered, supported by real people discussing their personal experiences with high cholesterol. The viewer learns about the different kinds of saturated and unsaturated fat, how to use the food pyramid as a guide for healthy eating, the importance of fiber and the right and wrong way to use fats in cooking. Medications are also discussed. The program ends on a positive note: Subjects who have changed their lifestyles to reduce cholesterol encourage viewers as they talk about reading food labels, losing weight, staying physically active and, in the end, prolonging a satisfying life.

## Questions to ask before viewing

1. What is cholesterol? Is it always bad?

2. Have you or anyone you know ever been advised to cut back on cholesterol? How did you/they do it?
3. What is the food pyramid? How is it used?

## Questions to ask after viewing

1. Where is cholesterol produced in the body? (the liver)
2. What are LDL and HDL, and what is the difference between them? (low-density lipoproteins and high-density lipoproteins. LDL's are bad because they clog the arteries. HDL's are good because they unclog the arteries.)
3. How do LDL's clog the arteries? (by forming "hard plaques" on the artery walls) What else causes hard plaques? (triglycerides) What kind of symptoms can hard plaques cause? (heart pain, shortness of breath, heart attack)
4. About where should the LDL level for a healthy adult fall? (below 200) An adult with diabetes? (below 160) An adult with diabetes who smokes? (below 130) What is a good level for HDL's? (above 60)
5. What is transfat? (a fat contained in margarine and fried snacks that both raises the level of LDL and lowers the level of HDL)
6. How can you tell if a fat is saturated? (It is solid at room temperature.) What are

some examples of saturated fats? (Butter margarine, shortening, lard)

7. With what should you replace saturated fats in your diet? (mono-unsaturated fats) What are some examples of mono-unsaturated fats? (olive, peanut and canola oil)
8. From what part of the food pyramid should you choose most of the foods you eat? (the bottom) What foods are at the bottom? (whole grains, beans, fruits, vegetables) Why is it a good idea to eat beans, lentils and raw fruits and vegetables? (They contain soluble fiber, which helps reduce cholesterol.)
9. What can you find out by reading the labels on packaged food? (the size of a serving, the number of calories in a serving, how much fat in a serving, etc.) What should you look for to find out whether a food contains transfat? (the word "hydrogenated")
10. What is the best way to start an exercise program? (gradually) What should be the goal of an exercise program? (30 minutes of aerobic exercise most days) What are some ways to incorporate exercise into your day? (walk, take the stairs, etc.)

## Annotation

This program gives the viewer facts and strategies to overcome an increasingly common problem: high cholesterol. The viewer learns about healthy and unhealthy cholesterol levels the different kinds of saturated and unsaturated fat, how to use the food pyramid as a guide for healthy eating, the importance of fiber, and the right and wrong way to use fats in cooking. Medications are also discussed.

Length  
23 Minutes

Subject Areas  
Health and Nutrition

Audience Level  
Grades 9-12, Adult

Catalog Number  
2920-EN-VID

Related titles in the AIMS collection  
#2780-EN-VID: Nutrition: Eat and Be Healthy  
#2919-EN-VID: Overweight: Who's in Control?  
#8110-EN-VID: Controlling Your Cholesterol  
#8526-EN-VID: Nutrition for Health: The Food Pyramid  
#CM1007-EN-VID: Designing Menus for Balanced Diets



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## Discussion Guide

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# High Cholesterol: An Introduction to Treatment

## Objectives

- To familiarize viewers with what cholesterol is and does
- To explain the role of various types of dietary fat in controlling cholesterol
- To demonstrate a healthy diet using the food pyramid
- To suggest lifestyle changes that will lower cholesterol

