Mesvision Promotes High Cholesterol Awareness

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High Cholesterol Awareness

Every 39 SECONDS

an adult dies of heart attack, stroke, or other cardiovascular disease More than

800,000 adults die each year

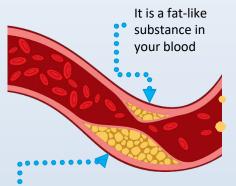
from cardiovascular disease

2 IN 3 AMERICANS

with high cholesterol do not have it under control



WHAT IS CHOLESTEROL?3



Cholesterol buildup in the walls of your arteries can cause a clot and increases your risk of a heart attack, stroke, or developing heart disease. •

Low-Density
Lipoprotein (LDL)
is the bad
cholesterol

High-Density
Lipoprotein (HDL)
is the good
cholesterol

Triglycerides is
another form of
fat in your
blood

Desirable Levels

Total Cholesterol Less than 200mg/dL

LDL (bad) Cholesterol Less than 100 mg/dL

HDL (good) Cholesterol 40mg/dL or higher

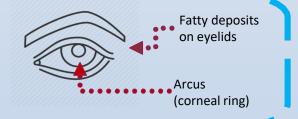
Triglycerides Less than 150 mg/dL

Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.

SCHEDULE AN EYE EXAM

High cholesterol itself does not have symptoms. During a comprehensive eye examination, your eye doctor will be looking for initial signs of high cholesterol.

Your eye doctor will examine your eyes for signs of high cholesterol on the retinal blood vessel as well as arcus in the cornea and fatty deposits on the eyelids.



Sources:

- 1. Centers for Disease Control and Prevention (2011)
- 2. Medical News Today (2019)
- 3. May Clinic (2018)
- 4. Brighteyestampa.com (2018)
- 5. American Heart Association (2017