

HELLO SEPTEMBER

Your Health Matters

Monthly newsletter brought to you by Brieden Consulting Group

September 2021



About Us

We believe that living a healthy lifestyle is a key component to every day life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the "Your Health Matters" monthly newsletters that will be distributed to all employees.

September is National Cholesterol Education Month

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals. Below you will find some information about cholesterol and a summary of CDC programs that address cholesterol across the country. You will also find a few fact sheets and publications about cholesterol, as well as links to useful consumer and health care provider information on our partner Web sites

How many Americans have high cholesterol?

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

How do you know if your cholesterol is high?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications. It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.

How often should you have your cholesterol checked?

The National Cholesterol Education Program (NCEP). External recommends that adults aged 20 years or older have their cholesterol checked every 5 years. Preventive guidelines for cholesterol screening among young adults differ, but experts agree on the need to screen young adults who have other risk factors for coronary heart disease: obesity, smoking, high blood pressure, diabetes, and family history

Contact Us

Brieden Consulting Group
1700 Kercheval
Suite 210
Grosse Pointe, MI 48230

Phone: 313-447-0900
www.briedencg.com

Preventive guidelines for cholesterol screening among young adults differ, but experts agree on the need to screen young adults who have other risk factors for coronary heart disease: obesity, smoking, high blood pressure, diabetes, and family history. Less than half of young adults who have these risk factors don't get cholesterol screening even though up to a quarter of them have elevated cholesterol. A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides. The following chart shows optimal lipid levels for adults

Desirable Cholesterol Levels	
Total cholesterol	Less than 170 mg/dL
Low LDL ("bad") cholesterol	Less than 110 mg/dL
High HDL ("good") cholesterol	35 mg/dL or higher
Triglycerides	Less than 150 mg/dL

If you have high cholesterol, what can you do to lower it?

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don't smoke or quit if you smoke.

For additional information, and tips on lowering cholesterol levels, or for a list of CDC programs and other resources, please read the full article [here](#).

Recipe of the Month

TUSCAN FISH PACKETS

INSTRUCTIONS

1. Preheat oven to 400. In a bowl, combine beans, tomatoes, zucchini, onion, garlic, wine, 1/2 tsp salt and 1/8 tsp pepper.
2. Rinse fish and pat dry. Place each fillet on an 18x12 inch piece of heavy-duty foil; season with remaining salt and pepper. Spoon bean mixture over fish, top with lemon slices. Fold foil around fish and crimp edges to seal. Transfer packages to a baking sheet.
3. Bake until fish just begins to flake easily with a fork and vegetables are tender, 15-20 minutes. Be careful of escaping steam when opening packets.



INGREDIENTS

- 1 can (15 oz.) northern beans, drained and rinsed
- 4 plum tomatoes, chopped
- 1 small zucchini, chopped
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1/4 c. white wine
- 3/4 tsp salt, divided
- 1/4 tsp pepper, divided
- 4 tilapia fillets (6 oz each)
- 1 medium lemon, cut into 8 thin slices

Full recipe [here](#).