

High blood cholesterol increases the risk of coronary heart disease, especially when other risk factors are present. Total cholesterol is a measure of the good (HDL) and bad (LDL) cholesterol and the triglycerides in the blood stream.

The Waushara County Health Department conducts cholesterol screening on the first and third Monday of every month, with the exception of Holidays. The test involves a fingerstick and placing the sample in an analyzer. Test results will be available in minutes, followed by counseling and education. Referrals will be made as needed.

The cost of the test is \$20.00 and we do not bill Insurance companies.

TO make an appointment please call 920-787-6590.

**Note: Participants must not eat solid food or drink anything other than water for a full 12 hours before the screening.**

For further information on cholesterol click on the following links:

**National Heart, Lung and Blood Institute-**[www.nhlbi.nih.gov/health/public/heart](http://www.nhlbi.nih.gov/health/public/heart)

**American Heart Association-**[www.americanheart.org](http://www.americanheart.org)

**MEDLINE plus-**[www.nlm.nih.gov/medlineplus/cholesterol.html](http://www.nlm.nih.gov/medlineplus/cholesterol.html)

**Web MD-**[www.webmd.com](http://www.webmd.com)