

FAT IN THE BLOOD

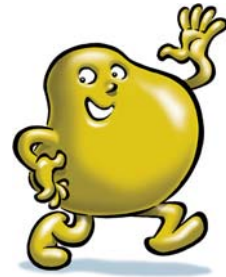


Written for those taking
anti-HIV medicines
who may have
too much fat in their blood
than is good for them.

Brought to you by your friends at
Visionary Health Concepts. Owned and
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team of affected community advocates.



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Can you believe it?
Fat can be good for you!
Fat stores energy. It helps
our cells stay healthy.

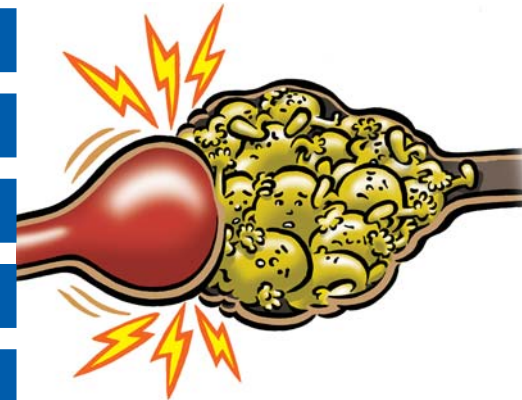
The bad news is if we have
too much fat in our blood,
it can stick together and
block a blood vessel.



The two main types are cholesterol
(ko-less-ter-all) and triglycerides
(try-glih-sir-ides). The more fat there
is in your blood, the more risk you
have of a heart attack or stroke.



Your doctor can test
your blood to see how
much fat is in it.



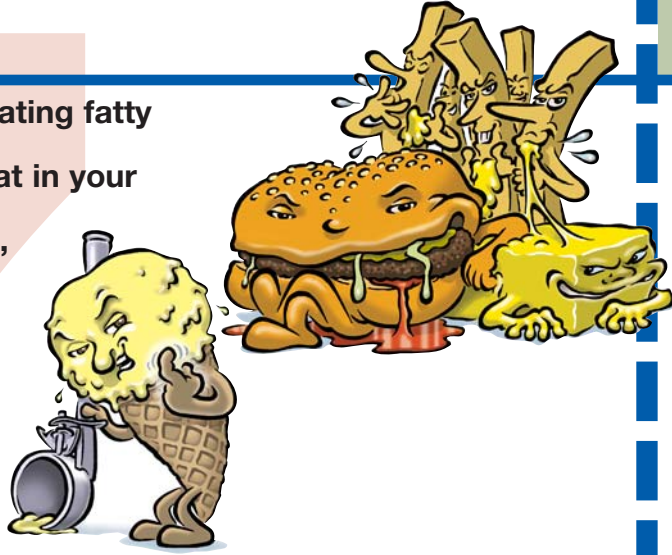
You might ask,
“So what’s the big
deal?” The “big deal”
might be a heart
attack, or a stroke.
A stroke happens
like this:

A small blood vessel in the brain gets blocked.
Then part of the brain doesn’t get any oxygen,
causing it to be damaged or die.

Honey, if you’re overweight,
or smoke, or drink a lot of
alcohol the risk goes up.
Ask your doctor about your
cholesterol level, and see
if you need to start doing
something to make it lower.



Check this out – eating fatty foods puts more fat in your blood. Fried foods, fatty meats, cheese, and ice cream have a lot of fat.



To top it off, if you're taking medicine to fight HIV, there's more to deal with. The drugs can change how your body deals with fat, and can leave even more in your blood. You might ask yourself, "If that's true, what do I need these #@!? HIV drugs for anyway?"



The truth is that anti-HIV drugs keep the lid on HIV for years and it's easier to deal with blood fats than with the HIV virus!



YOU CAN HELP

DO IT FOR YOURSELF:

Eat less fatty food, especially fatty meats, and eat more fresh healthy food.



Start and continue exercising, even just walking.



Here's a biggy: Try to cut back on drinking alcohol and stop smoking, and keep trying until it takes!

If these lifestyle changes don't bring down the level of fat in your blood, you'll still be healthier than when you started. You still might need a prescription drug to lower your cholesterol or you may need to change your HIV drugs.

Some drugs can't be used with others, so be sure your HIV care provider checks for that.

This program was made possible through the support of GlaxoSmithKline.

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