



Terry Glibb

Being cholesterol conscious today is not only "fashionable," it's important for good health. We know that too much cholesterol in the blood can cause heart disease — the number one killer in the United States.

So, take a minute and test your cholesterol consciousness with this quiz from the FDA Consumer:

1. Which of the following is a desirable blood cholesterol level?
a) 182.
b) 235.
c) 270.

2. How many Americans know their blood cholesterol levels?
a) 58 percent.
b) 48 percent.
c) 17 percent.
d) 7 percent.

3. There is "good" blood cholesterol and "bad" cholesterol. True or false?

4. Besides cutting down on saturated fat and cholesterol-laden

foods, what steps can a person take to reduce the chances of suffering a heart attack or stroke?
a) Exercise.
b) Don't smoke.
c) Keep high blood pressure under control.

5. Reducing blood cholesterol levels always requires drug therapy. True or false?

6. How many Americans suffer from heart disease?
a) 5 million.
b) 10 million.
c) 15 million.
d) 500,000.

7. Dietary cholesterol is found only in animal food. True or false?

8. The most effective dietary way to lower the level of your blood cholesterol is by eating less cholesterol. True or false?

9. A food product in your grocery store that is labeled "no cholesterol" is a safe choice for people with elevated cholesterol levels. True or false?

10. Which has more calories: butter or margarine?

Answers:
1. (a) 182. Cholesterol levels in the blood are given in milligrams of cholesterol per deciliter of blood. A cholesterol count of less than 200 is good for both men and women. Levels of 200-239 are borderline high and levels of 240 and above are considered high.

2. (c) 17 percent. While 58 percent in a recent survey said they had their cholesterol levels tested, only 17 percent could give the number. However, those figures are up from a 1986 survey, when only 7 percent of the 48 percent tested could give their cholesterol level numbers.

3. True. There are two forms of cholesterol. High-density lipoproteins (HDL) are associated with a decreased risk of heart disease. Low-density lipoproteins (LDL) carry cholesterol to deposit places, such as arteries, increasing the risk of heart disease. According to several studies, individuals with high HDL counts are less prone to heart problems.

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Ex-trustee gets post

Dr. Richard J. Pappas, former trustee of Oakland Community College, has been appointed president of Hartford Community College in Bel Air, Md., effective July 1.

Currently executive dean of Wayne County Community College's (WCCC) Downtown Campus in Taylor, Pappas becomes the eighth president of Hartford, a 32-year-old college in suburban Baltimore.

Pressures of being single

Single adults who are past the basics of life-on-their-own can explore more personal issues with a four-session workshop from the Oakland University Continuum Center.

Communications specialist Barbara Halpern will present the sessions from 7-10 p.m. Tuesdays, May 30, June 6, 13 and 20, at Birmingham Unitarian Church, North Woodward at Lone Pine, Bloomfield Hills.

Fee is \$65. Registration accepted by phone with MasterCard/VISA.

Call 378-3033.
The Continuum Center is part of the Oakland University School of Human and Educational Services and specializes in programs of personal enrichment and professional development.

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