Health and Fitness

What is "blood cholesterol"? For that matter, what is cholesterol?

Pure cholesterol is an odorless, white, waxy, powdery substance. You cannot taste it or see it in the foods you eat.

Cholesterol is found in all foods of animal origin and is part of every animal cell. Your body uses cholesterol to make essential body substances such as cell walls and hormones, as well as for various other functions. Even if you didn't eat any cholesterol, your liver would manufacture enough for your body's needs.

Cholesterol is like other fat-like substances in that it will not mix with water. Therefore, to carry cholesterol and fat ('lipid) in the blood, the body wraps them in protein packages. This combination is called a "lipoprotein." Blood cholesterol is found in all the major lipoproteins, including the low density lipoproteins (LDLs) and the high density lipoproteins (HDLs).

How is blood cholesterol measured and how are the results expressed?

To measure your blood cholesterol level a small blood sample is taken and the amount of cholesterol is determined in a laboratory. The cholesterol level is expressed as milligrams per deciliter or "mg/dl." The average blood cholesterol level for middle-aged men and women in the U.S> is about 215 mg/dl. This means that the cholesterol found in a deciliter of liquid (which is one-tenth of a liter or approximately one-tenth of a quart) weighs 215 milligrams. For comparison, 28,350 milligrams equals 1 ounce.

From the National Heart, Lung and Blood Institute
Part I of II
Next Issue: "Why Should I Care About Cholesterol?"

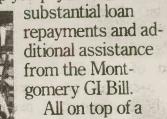
- Issued by the Wellness Center

The limit.

How high is up to you.

No matter who you are, in the Air National Guard you'll have every opportunity to become the best. We'll train you in your choice of over 200 technical careers. From telecommunications to computer technology. From meteorology to security. It's experience that can help your civilian career really

Got your sights set on college? The Air National Guard can help you pay for it. With



All on top of a great part-time salary. All combined



with excitement and adventure that can lead to exotic locations around the world.

It's a pretty good deal for a part-time

commitment—as little as two days a month and two weeks a year.

Go ahead. Shoot for the stars. Take the first step to getting your career off the ground by calling us toll-free at 1-800-638-0936. You'll discover soon enough, that

in the Air Guard, who you are doesn't limit who you can become.



Americans At Their Best.

(con't on page 17)