

Soundbite Script – The Good and Bad of Cholesterol

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

“Cholesterol is a type of fat we have in our body and it’s used for many things. I know we hear in the news a majority of the time cholesterol is bad to a certain extent but we do need cholesterol because it helps build a basic building block in our body like our cell membranes, our hormones, so it is important to have cholesterol in your body.”

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

“The bad cholesterol is the one that loves to get stuck in our arteries. It’s the one that builds the plaque we typically hear about. If we have too much of that, heart attack is what we worry about the most, among other things. The good cholesterol helps to remove those fats, the bad plaques so to speak, from the arteries it takes it to the liver which recycles it out of the system.”

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

“Try to be active. I know with COVID people haven’t been able to get out as much. That’s okay. At least while you’re at home if you can break up your daily routine you can walk around your house even for 10 minutes at a time that will give you some type of movement. The recommendation is at least 120 minutes a week of some type of cardio or aerobic activity that helps.”

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

“If you’re confused and not sure what’s going on always ask your primary care provider or some other specialist that you see that knows about it. There are good online resources as well. But if you find conflicting resources, always go to a professional, one that you trust obviously because that’s important and they’ll be able to give you proper answers in terms of what you need to know.”