



# CHOLESTEROL SCREENING

## Free To All Blood Donors

As a not-for-profit, charitable organization, Northwest Florida Blood Services is dedicated to providing blood and blood components to help save lives of patients in our hospitals. One of the ways we say "Thank You" to our volunteer blood donors is to give back to our donors and donor groups by adding a cholesterol screening test. Each time a blood donor gives a blood donation, you will receive a cholesterol screening test.

Cholesterol screening has become a routine part of preventive health care. Unlike most blood tests ordered by your physician, the cholesterol screening is not used to diagnose or monitor a disease but rather is used to estimate your risk of developing a disease –specifically heart disease.

Because high blood levels of cholesterol have been associated with atherosclerosis (hardening of the arteries), and a raised risk of death from heart attacks and strokes, cholesterol screening is recommended for all adults at least once every five years. Because of its value in disease prevention, Northwest Florida Blood Services is offering free cholesterol screenings on all blood donations.

## Why is Cholesterol Important?

Your blood cholesterol level has a lot to do with your chances of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease. A risk factor increases your chances of getting a disease. The higher your blood cholesterol level, the greater the risk for having a heart attack or getting heart disease. Each year more than a million people have heart attacks, and about a half million people die from heart disease.

## What is Cholesterol?

By definition, cholesterol is a natural, fatty substance found in our diet and made by our liver. It is carried throughout the body in the blood stream.

High blood cholesterol itself does not cause symptoms so many people are unaware that their cholesterol level is too high.



## What do Cholesterol Numbers mean?

It is important to find out what your cholesterol numbers are because lowering cholesterol levels that are too high will lessen the risk for developing heart disease and the chance of a heart attack. Cholesterol lowering is important for everyone– young, middle aged and older adults; and people with or without heart disease.

## Blood Cholesterol Levels

If your cholesterol screening level is above the desirable range, see your personal physician.

Desirable	Less than 200 mg/dl.
Borderline High	200-239 mg/dl.
High	240 mg or greater

THESE ARE SCREENING TESTS ONLY!

## Get your Cholesterol Screening results

You can receive your cholesterol screening results and your blood type 72 hours after the date of your donation by calling 1-800-68BLOOD, extension 5430 or check online at [www.fbsdonor.org](http://www.fbsdonor.org). You will need your Donor ID Number and unit number. They can be found on the Post Donation Instruction Sheet you receive at time of your donation.

My Donor ID Number is \_\_\_\_\_.

My Unit Number is \_\_\_\_\_.

## Create A Donor Profile Online

Visit [www.fbsdonor.org](http://www.fbsdonor.org) to create an FBS online profile. Using your Donor ID Number, you can schedule future appointments online and view your previous donation history including cholesterol and blood pressure results.

Please provide us with your feedback so we can continue to provide excellent customer service. Our survey is available online at [www.donorsurvey.com](http://www.donorsurvey.com) or by calling 1-800-434-9309. You will need to provide the unit number listed above.

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