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SENATE RESOLUTION NO. 129

BY SEYMOUR and RAGAN

A Resolution to recognize the month of May 2006 as
Heart Health Month.

WHEREAS, cholesterol is an important part of a
healthy body because it is used to form cell
membranes, some hormones, and is needed for other
functions; and

WHEREAS, the American Heart Association has
concluded that a high level of cholesterol in the
blood is a major risk factor for coronary heart
disease, which can lead to a heart attack; and

WHEREAS, an expert panel on the detection,
evaluation, and treatment of high blood cholesterol in
adults recommends that a fasting lipoprotein profile
be completed every five years for everyone age 20 and
older; and

WHEREAS, this test gives information about total
cholesterol, low-density lipoprotein (LDL) or "bad"
cholesterol, high-density lipoprotein (HDL) or "good"
cholesterol, and triglycerides (blood fats); and

WHEREAS, because there are no symptoms to high
cholesterol, it can only be detected by a cholesterol
test; and

WHEREAS, treatment goals have been recommended by
the National Cholesterol Education Program; and

WHEREAS, there are three main ways to fight high
cholesterol or to "get to goal" -- diet, exercise, and
when appropriate, medication; and

WHEREAS, the only way to manage cholesterol is to

1 know the goal and to track progress; NOW THEREFORE,
2 BE IT RESOLVED BY THE SENATE, That the Senate
3 hereby recognizes May 2006 as Iowa Heart Health Month
4 and encourages Iowa's citizens to have their
5 cholesterol tested and to "get to goal".

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