

BEYOND CHOLESTEROL: **PATIENT TEAR-OFF**

INFORMATION TO HELP YOU ON YOUR WAY TO TOTAL LIPID CONTROL

Lipids are fat-like substances found in the body's cells and in the bloodstream. Often referred to as cholesterol and triglycerides, lipids are an important source of fuel for the body. But if lipids reach unhealthy levels, they can raise your risk of heart disease.

WAYS YOUR DOCTOR CAN MEASURE YOUR LIPIDS

As you may already know, there are several ways your doctor can measure your lipid levels to understand your risk of developing heart disease. Through a standard blood test, your doctor can check:

TRIGLYCERIDES

Triglycerides are stored in your body fat and come from the fats and oils that you eat. High triglycerides can lead to clogged arteries and heart disease. Normal triglycerides are considered less than 150 mg/dL.

HDL – “GOOD” CHOLESTEROL

HDL is known as the good cholesterol because it helps sweep “bad” cholesterol out of the body.

The higher your HDL, the better. HDL should be above 40 mg/dL in men, and above 50 mg/dL in women.

LDL – “BAD” CHOLESTEROL

LDL is known as the bad cholesterol, because high LDL leads to clogged arteries and heart disease. Based on your risk for heart disease, your doctor will help you set an LDL goal. Optimal levels of LDL are 100 mg/dL or less.

TOTAL CHOLESTEROL

Total cholesterol is the sum of all the cholesterol in the blood. Normal total cholesterol is 200 mg/dL or less.

NON-HDL – “TOTAL BAD” CHOLESTEROL

Non-HDL is the measure of all the lipids in your blood, except HDL, the “good” cholesterol. It measures the level of ALL the “bad” cholesterol combined. Normal non-HDL-C levels should be 30 mg/dL above LDL. In other words, if your target LDL is 100 mg/dL, your target non-HDL-C would be 130 mg/dL.

TIPS FOR TALKING WITH YOUR DOCTOR ABOUT MEDICATION

If your doctor suggests that medication may help you manage your lipid levels, it is important that you express any fears or concerns you may have about taking medication.

Your doctor can help you weigh the risks and benefits.

Consider asking your doctor the following questions about medication:

When and how should I take this medication?

What are the potential side effects of this medication?

Are there ways to manage these side effects

How will I know if the medication is working?

LIVING A HEALTHY LIFESTYLE CAN HAVE A PROFOUND EFFECT ON YOUR OVERALL WELL-BEING AND IMPROVE YOUR HEART HEALTH.

TIPS FOR LIVING A HEART-HEALTHY LIFESTYLE

Get at least 30 minutes of physical activity most days of the week

- Remember, physical activity does not necessarily mean intense exercise. Getting your heart pumping while walking your dog, mowing your lawn or mopping the floor is good for your heart too
- If you've been inactive for a long time, are overweight or have other health problems, see your doctor before beginning a physical activity program

Cut back on saturated and trans fats, cholesterol, added sugars and salt

- Foods high in cholesterol include things like shellfish, “organ” meats (like liver) and whole milk
- Make reading food labels a habit. Added sugars in food may be identified on food labels as sucrose, glucose or fructose

Maintain a healthy body weight by balancing the amount of calories you take in from food and beverages with the amount of calories you burn

- Eating smaller portions at each meal is a good way to begin lowering your daily calorie intake

FOR MORE INFORMATION LOG ON TO WWW.LEARNYOURLIPIDS.COM
