

Lipid Control

Lower your Levels, Lower your Risks



Heart disease is the leading cause of death in Americans. Abnormal blood lipid (fat) levels play a role in the development of heart disease. The OSF Medical Group is committed to your better health. We have provided these teaching sheets to help you learn how you can lower your cholesterol levels and decrease your risk of heart attack and other complications of heart disease.

You are the **most important** component in managing your own health. We are here to help you and welcome your questions and concerns. Please don't hesitate to ask.



References:
<http://medlineplus.gov>
retrieved from <http://nhlbi.nih.gov/guidelines/cholesterol/atglance.pdf>

Treatment



Our first approach to lowering your cholesterol is always to examine your current habits in regards to diet, physical activity and the potential for weight loss. Healthy behaviors can impact your cholesterol levels. Here are a few key points:

Eating a healthy diet:

- Eat less saturated (animal) fat.
- Choose low cholesterol foods (Total cholesterol should be less than 200mg daily).
- Get enough fiber! Your goal is to aim for 25-30 grams of fiber daily.
- Hydrate yourself! Drink at least 8, eight ounce glasses of water daily.
- Consider a referral to a registered dietitian.

Physical Activity:

- You will benefit from any exercise.
- Just thirty minutes of walking per day can significantly decrease your weight and raise your HDL.
- Consider a referral to the OSF Saint Francis RiverPlex Recreation and Wellness Center.

Weight Loss:

- If you need to lose weight, doing so can lower your LDL cholesterol. Maintaining a healthy weight can decrease your number of cardiac risk factors.
- If you need to lose weight and need help in doing so, consider a referral to the OSF "Lose a Little - Lose a Lot" program.

If your healthcare provider feels that you need medication to lower your values, he/she will prescribe one or a combination of different cholesterol lowering medications. You should be at your maximum benefit from drug therapy in four weeks.

We are here to help you make lifestyle changes that will improve your overall health. We want you to set small realistic goals. It will take time and patience, however, we can do it together!



National Cholesterol Education Program (NCEP)



Positive Risk factors: These risk factors increase your chance of heart disease. (Check all that apply)

- Age: Male 45 years or older
- Female 55 years or older
- Family history of premature heart disease (Atherosclerosis, heart attack or sudden death before age 65 in first degree female relative (mother, sister, grandmother) or age 55 in first degree male relative (brother, father, grandfather)
- Current cigarette smoker
- Hypertension (consistent blood pressure 140/90 mmHg or higher or on medication to lower blood pressure).
- Low HDL cholesterol (less than 40mg/dl)
- Diabetes Mellitus

Negative Risk factor: A negative risk factor actually lowers your risk.

- High HDL cholesterol (greater than 60 mg/dl)

Total number of positive risk factors _____

Total number of negative risk factors _____

EQUATION:

(number of positive risk factors) - (negative risk factor) = _____ total risk factors

| NCEP Risk Category | LDL Target |
|--|--------------------|
| No coronary heart disease and 0-1 risk factor | 160mg/dl or lower |
| No coronary heart disease and 2 or more risk factors | 130mg/dl or lower |
| Coronary heart disease or diabetes | less than 100mg/dl |

My LDL goal is _____



Your Goal



Your healthcare provider will establish cholesterol goals for you. Each individual may have different goals depending on their risk factors. These goals are made to help you reduce your risk of heart disease by lowering your cholesterol to an acceptable level.

Total Cholesterol

Cholesterol is a waxy substance found in all parts of your body and is made in the liver. This waxy substance is what builds up on the walls of your arteries, and over time, can cause your arteries to narrow and harden.

Desirable total cholesterol is less than 200mg/dl.

Triglycerides

Triglycerides is another form of fat substance in your bloodstream. This is stored and later used for energy.

Desirable triglyceride level is less than 150mg/dl.

HDL or “Healthy” Cholesterol

HDL is a high density lipoprotein. It helps to remove cholesterol from your blood. You want this level as high as possible.

Desirable HDL level is greater than 40mg/dl

LDL or “Lousy” Cholesterol

LDL or low density lipoprotein is the main source of blockage in your arteries. You want this level as low as possible.

Desirable LDL level is 160mg/dl or lower if you have no coronary heart disease and have less than 2 risk factors.

Desirable LDL level is 130mg/dl or lower if you have no coronary heart disease and have two or more risk factors.

Desirable LDL level less than 100mg/dl or lower if you have coronary heart disease or diabetes.



Drug treatment



There are four different classes of drug therapy:

1. Resins

Resins decrease total cholesterol and LDL by binding to the cholesterol in bile and excrete it through feces.

Examples include: Colestid, Questran, and Welchol

2. Statins

Statins inhibit the production of a key enzyme in the production of cholesterol. They also increase LDL receptor activity, and therefore lower LDL.

Examples include: Lipitor, Lescol, Mevacor, Pravachol, Zocor, and Crestor

3. Fibrates

Fibrates reduce triglycerides and increase HDL by accelerating the breakdown of VLDL.

Examples include: Tricor, Gemfibrozil

4. Nicotinic acid

Nicotinic acid decreases LDL by reducing production of VLDL by the liver.

Examples include: Niaspan, and Niacin.

5. Absorption inhibitor

Example includes: Zetia

My medication is: _____

