

# NWOCC



## NORTHWEST OHIO CARDIOLOGY CONSULTANTS

ALL LOCATIONS TOLL FREE 1-800-243-1912

### YOUR CHOLESTEROL RESULTS

Date of testing \_\_\_\_\_

Cholesterol \_\_\_\_\_

LDL cholesterol \_\_\_\_\_

HDL cholesterol \_\_\_\_\_

Triglycerides \_\_\_\_\_

\_\_\_\_\_ Continue present medications

\_\_\_\_\_ No changes necessary

\_\_\_\_\_ Please have your cholesterol re-drawn

on \_\_\_\_\_. Lab slip is enclosed.

### COMMON TERMS

**HDL - High Density Lipoprotein** - This is the so-called “good” cholesterol because it tends to clear excess cholesterol from the blood. The higher this number is the better. HDL should be measured whenever your cardiac risk is being assessed. An HDL of 60 mg/dl or more is very beneficial; an HDL of 35 mg/dl or less is considered risky.

**LDL - Low Density Lipoprotein** - This is the “bad” cholesterol because it contributes to the buildup of deposits on artery walls. Most of the cholesterol in your blood (60 - 70%) is in the form of LDL. An LDL level of less than 130 mg/dl is recommended. If you have a personal history of coronary heart disease or other atherosclerotic diseases, then your LDL/cholesterol should be below 100 mg/dl.

**Triglycerides** - These are composed of fatty acids and glycerol and are completely different from cholesterol. Like cholesterol, they circulate in your blood. They are found in your diet and produced in your liver. When you eat a meal, the triglyceride level increases significantly. The body cells “burn” them for energy. This is why your doctor will instruct you not to eat (fast) for 12 hours before having a triglyceride test.

When it comes to determining your treatment to lower high LDL cholesterol levels, your doctor will consider your overall health and whether you have other factors that increase your risk for heart disease.

### FACTORS THAT CAUSE CHANGES IN BLOOD CHOLESTEROL

Excessive fat in your diet, particularly saturated fat, may cause an increase in your cholesterol.

Excess weight gain tends to lower HDL cholesterol and raise LDL cholesterol. Shedding excess pounds can help raise your HDL and lower your LDL levels.

Smoking lowers HDL cholesterol levels. Alcohol may slightly raise HDL. While your doctor may urge you to quit smoking, drinking alcohol to up your HDL level is **not recommended**.

Regular exercise may help increase HDL cholesterol levels, but not dramatically. It may also help lower your LDL (bad) cholesterol.

### FACTORS THAT CAUSE HIGH BLOOD TRIGLYCERIDES

Excess alcohol (more than three drinks per week)

Excess sugar from soft drinks, candy, dessert, etc.

Excess weight

Excess carbohydrates (potato, bread, pasta, cereal, etc.)

### FACTORS THAT CAN AFFECT YOUR CHOLESTEROL TEST

Severe trauma such as surgery or heart attack

Severe pain or physical strain

Acute bacterial infection

Major illness

Medications

Pregnancy