



2940 N. McCord Rd.
Toledo, OH 43615

1103 Village Square, #202
Perrysburg, OH 43551

Date _____

Dear _____ DOB _____

Your lipid results are in!!

Primary Prevention

- ___ No CAD
- ___ No DM
- ___ No MI / CVA

Secondary Prevention

- ___ CAD ___ PVAD
- ___ CVA ___ DM
- ___ Carotid DZ

	Primary Prevention Goals	Secondary Prevention Goals
Total Cholesterol	TC less than 200	TC less than 185
LDL (Bad cholesterol)	LDL less than 100	LDL less than 75
HDL (Good cholesterol)	HDL greater than 50	HDL greater than 55
Triglycerides	TG less than 150	TG less than 100
Lp (a)		0 - 30
LDL pattern		A

Please note that smoking, excessive alcohol, fatty foods, too much sugar, being overweight, and lack of exercise increase your risk of high cholesterol and heart disease. Diabetes also contributes.

Recommendation:

- ___ Please call to schedule an appointment for medication adjustments.
- ___ Continue any medication and / or diet and / or exercise.
- ___ In need of improvement. Please follow the instructions below:
