LIPID PANEL

A lipid panel is a blood test that measures lipids, fats and fatty substances in our blood stream. It can also determine approximate risks for heart attack and stroke.

TOTAL BLOOD CHOLESTEROL

240 or Greater
High
Twice the risk of heart attack and stroke.

200 to 239
Borderline High
Increased risk of heart attack and stroke.

Less than 200
Desirable
Heart attack and stroke risk are low.

What causes high cholesterol?

- The foods you eat
- Being overweight
- Being inactive
- Age
- Family history
- Overall health

LDL “BAD” Cholesterol builds up in arteries that carry blood to the heart and brain. LDL can form plaque that hardens and narrows arteries. This causes less blood flow to your heart and brain, which may lead to a heart attack or stroke.

LDL Cholesterol:

- High ................. above 160
- Borderline High ........... 130-160
- Above Optimal ............ 100-129
- Desirable ................. below 100

HDL “GOOD” Cholesterol helps remove the bad cholesterol from your blood so that it doesn’t clog your blood vessels.

HDL Cholesterol:

- Increased risk for heart attack and stroke ............ below 40
- Near Optimal (but the higher the better) ............. 40-60
- Desirable (offers protection against heart attacks) ... above 60

Triglycerides

Triglycerides are fats that are stored in the blood stream. They provide energy we need throughout the day. They can become harmful when they reach a certain level. Elevated triglycerides increase your risk for heart attack, stroke, and pancreatitis.

- High .................. above 200
- Borderline high ........ 150-200
- Desirable ............... below 150

Having high levels of triglycerides, LDL cholesterol, and low HDL cholesterol can increase risk of heart disease and stroke.

CORPORATE HEALTH AND WELLNESS
For more information contact the Corporate Health and Wellness Nurse (208) 367-6567
CHOLESTEROL

What can you do to control cholesterol?

Eat Healthy.
A diet rich in fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts, while limiting red meat and sugary foods and beverages.

Get Active.
The key to overall cardiovascular health is to participate in moderate physical activity at least 150 minutes per week. Try doing things you enjoy like dancing, walking, golfing, or playing with your kids.

Know your fats.
Bad fats raise LDL cholesterol which increases our risk of heart disease. Replacing bad fats (saturated fat and trans fat) with good fats (monounsaturated fats and polyunsaturated fat) might help lower LDL cholesterol when eaten as part of a healthy diet.

Take medication as directed.
The best way to reach your treatment goals and enjoy the benefits of better health is to follow the advice of your health care provider.

Quit Smoking.
Smoking along with high cholesterol amplifies your chance of heart attack or stroke; which is another good reason to quit.