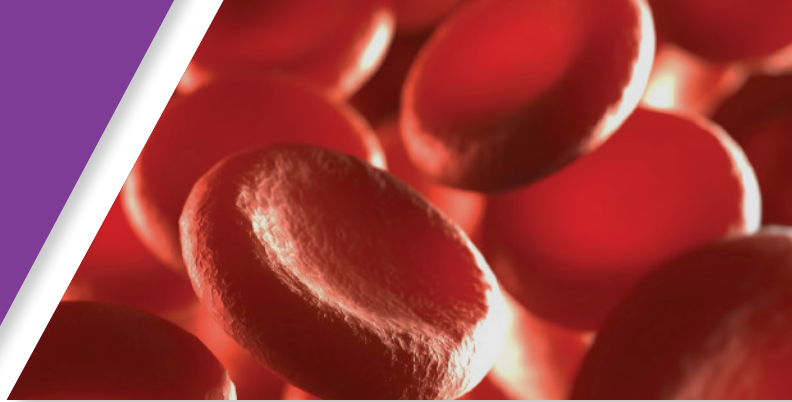


LIPID PANEL



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

Twice the risk of heart attack and stroke.



200 to 239

Increased risk of heart attack and stroke.

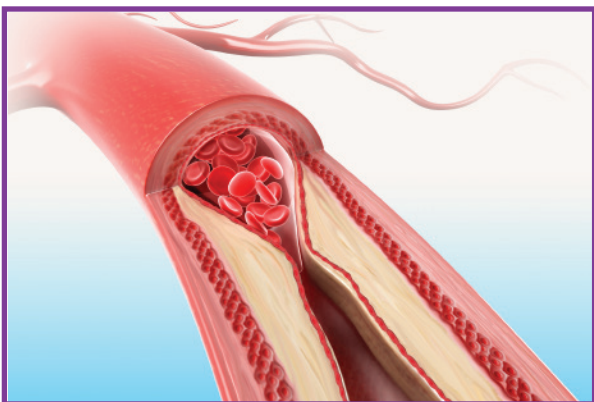


Less than 200

Heart attack and stroke risk are low.

What causes high cholesterol?

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



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



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:

- Highabove 160
- Borderline High 130-160
- Above Optimal..... 100-129
- Desirablebelow 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
- Desirablebelow 150



Saint Alphonsus



Trinity Health
Livonia, MI

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.



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.



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.

