

Name _____

Date _____

LIPID PROFILE RESULTS

	TODAY	PREVIOUS	YOUR GOALS
<u>TOTAL CHOLESTEROL</u>	_____	_____	<u>Less than 190</u>
<u>HDL</u> (High Density Lipoprotein) "Good Cholesterol"	_____	_____	<u>Greater than 45 for men</u> <u>Greater than 55 for women</u>
<u>To Raise:</u> Quit smoking Lose weight Regular exercise Estrogen replacement Eliminate hydrogenated fats Nuts (walnuts, almonds, pecans, ¼ cup daily) Increase omega 3 fats in diet			
<u>LDL</u> (Low Density Lipoprotein) "Bad" cholesterol	_____	_____	<u>Less than 70 CAD/CAD equivalent</u> <u>Less than 100 for primary prevention</u>
<u>To Lower:</u> Limit saturated fats (Fat from animal sources) Limit hydrogenated fat Lose weight Exercise Change margarine/butter to Take Control or Benecol brands			
<u>TRIGLYCERIDES</u>			
<u>To Lower:</u> Limit Sugar Limit Starches (pastas, bagels, white bread, crackers, and goods made with white flour) Lose weight No more than 1-2 alcoholic drinks per day Regular exercise Limit saturated & hydrogenated fats Increase Omega 3 fats in diet Change oral to patch estrogen	_____	_____	<u>Less than 150</u>
<u>Ratio (Total Cholesterol / HDL)</u>	_____	_____	<u>Less than 4.0</u>
<u>Glucose (Blood Sugar)</u>	_____	_____	<u>Less than 100</u> <u>100-125: Pre-diabetes</u> <u>126+: Diabetes</u>
<u>To Lower:</u> Lose weight Exercise, limit sugar, limit starches (pasta, bagels, white bread, crackers, and goods made with white flour) No more than 1-2 alcoholic drinks daily			
<u>HgbA1C</u> (Average blood sugar over previous 3 mos)	_____	_____	<u>Less than 6.0</u>
<u>Liver Enzymes</u>			
ALT	_____	_____	<u>10-40</u>
AST	_____	_____	<u>10-30</u>

For questions or additional information you may call our Cardio Wellness Center at 816-751-8520.

www.cardiowellnesscenter.org