



KINGWOOD

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Cholesterol Information

Total Cholesterol	_____	Normal
LDL	_____	< 200
HDL	_____	< 100
Triglycerides	_____	> 65
		< 150

Cholesterol is an important factor in hormone production but can lead to coronary artery disease if too high. HDL is known as the healthy cholesterol. If that is high, it is a good thing. Otherwise, the cholesterol levels should be within the normal range. If you have other risk factors for heart disease such as smoking, diabetes, obesity, excessive alcohol intake or family history of heart disease your LDL level should be less than 110.

____ There are diet changes and behavioral changes that can lower your levels up to 15%. Diet changes include reducing your fried foods, reducing your high cholesterol foods like egg yolks and shrimp, and reducing your foods with saturated fats. Please go to www.americanheart.org for more information. Behavioral changes include increasing your cardiovascular exercise to 3 times a week for at least 30 minutes at a time.

____ Please take Omega 3 fatty acids, 1000 to 2000 mg daily. This supplement can help raise your HDL and lower your LDL. You may find this supplement in a more refined form listed as DHA and EPA.

____ Please take “no flush” niacin 500 mg two times daily. This supplement can help lower your triglycerides and your LDL.

**These products are available at most pharmacies and vitamin stores.

____ Please contact the office for repeat evaluation of your cholesterol panel in 6 months after you have implemented these changes.