

What Puts You at Risk for Coronary Heart Disease?

Risk Factors You Can't Do Anything About:

- Family History
- Age

Risk Factors You Can Do Something About:

Your healthcare professional can provide advice and possible preventative treatment for many of the following risk factors.

- High HDL - "bad cholesterol" (above 130 mg/dL)
- Low LDL - "good cholesterol" (below 40 mg/dL)
- High hsCRP (above 3 mg/L)
- High Blood Pressure (above 140/90 mmHg)
- High Blood Glucose (Diabetes)
- Overweight
- Smoking
- Inactivity and Lack of Exercise
- High-Stress Environment

My Results

Tested by: Alere Cholestech LDX System

Name: _____

Date: _____

Fasting:

- YES
(No food or drink, except water, in last 9-12 hours.)
- NO
(Fasting is required for accurate LDL values and affects interpretation of triglyceride and glucose values.)

Results:

Blood Pressure: _____

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Cholesterol - Are You at Risk?

Understanding your cholesterol
and test results



Laboratory Services

McLaren operates 16 laboratory locations in DeWitt, East Lansing, Grand Ledge, Holt, Lansing, Okemos, Portland and Williamston, providing our community with convenient and timely diagnostic resources.

Our full-service, state-of-the-art laboratory performs comprehensive clinical and anatomical pathology services, including:

- ❖ A1C Testing
- ❖ Lipid Profiles
- ❖ Microbiology Testing
- ❖ Outpatient Testing
- ❖ Testosterone
- ❖ Vitamin D
- ❖ And More

For a complete list of laboratory locations contact information and hours of operation, visit mclaren.org/lansinglabs



Understanding Your Test Results

A **Lipid Pro** is a detailed measure of the fats in your blood. It consists of measuring your total cholesterol, HDL cholesterol, and triglycerides and calculating your LDL.

Cholesterol is one of several components that form your lipid profile. **Total Cholesterol** is a measure of the total amount of both “good” and “bad” cholesterol in your blood at a given time.

The “good” cholesterol is called **High Density Lipoprotein cholesterol (HDL)**. It removes excess cholesterol from your arteries and moves it to the liver for further processing or to be eliminated from the body. The higher your HDL, the better.

Triglycerides are composed of fatty acids and glycerol. Like cholesterol, they circulate in your blood, but are stored in body fat and used when the body needs extra energy. While your triglyceride level can be significantly affected by how recently you’ve eaten, total cholesterol and HDL are only slightly affected.

The “bad” cholesterol is called **Low Density Lipoprotein cholesterol (LDL)**. It contributes to the buildup of fat deposits in your arteries (atherosclerosis), which can cause decreased blood flow and heart attack.

Your healthcare professional will carefully examine the test results of your lipid profile to fully assess your risk for coronary heart disease.

Glucose (GLU) is a measure of the sugar level in your blood. Glucose is the basic fuel for the cells in your body, but if there is too much in your blood, it can lead to many serious health problems. Fasting glucose levels should be below 100 mg/dL. If you were not fasting and your glucose level is 200 mg/dL or higher, you should have a follow-up fasting measurement.

The Connection Between Diabetes and Heart Disease

Diabetes, high cholesterol (hyperlipidemia), high blood pressure (hypertension), and obesity all can lead to an increased occurrence of coronary artery disease (CAD). Eighty percent of patients with diabetes are obese. Obesity also contributes to high levels of cholesterol for people with diabetes.

People with diabetes have a two-to- fourfold higher risk for having cardiovascular events than nondiabetics. Up to one half of type 2 diabetics have coronary heart disease (CHD). People with diabetes are recognized as having coronary event risks comparable to individuals with established CHD.

For men between the ages of 35 and 64, diabetes mellitus increases the risk of congestive heart failure by four times. For women between the same ages, it increases by eight times.

To learn more about heart disease or to find a cardiologist, visit mclaren.org/lansingcardiology