

# UWSP HEALTH SERVICE

## Interpreting Your Lipids (Blood Fats)

Note: If the total cholesterol is less than or equal to 150, the ratio is less important and this risk factor is very low.

Total Cholesterol	Optimal <150	Desirable < 200	Borderline High 200-239	High = 240
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**REDUCING YOUR TOTAL CHOLESTEROL BY 20% DROPS YOUR CHANCE OF A HEART ATTACK BY 40%!**

HDL - "The Good Cholesterol"		<50 adds extra risk factor for women ♥			< 40 adds extra risk factor for men ♥	
<b>Low Risk Factor - Helps counteract other risk factors</b> = 60		<b>Neutral Risk Factor</b> 60-50		Increased Risk Factor 50-40	High Risk Factor 40-30	Very High Risk Factor: Genetic <30

Total Cholesterol	Age	Very Low Risk Factor	Low Risk Factor	Increased Risk Factor	High Risk Factor	Very High Risk Factor
HDL Cholesterol Ratio	20 – 40	< 2.5	2.5 to 3.6	3.7 to 5.2	5.3 to 6.0	= 6.1
	40+	< 2.6	2.6 to 4.1	4.2 to 6.0	6.1 to 7.3	= 7.4

LDL - "The Bad Cholesterol"	Low - Optimal Risk Factor <100	Mild Risk Factor 100-129	Increased Risk Factor 130-159	High Risk Factor 160-189	Very High Risk Factor = 190
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Triglycerides - the other fat	Low - Optimal Risk Factor <150	Increased Risk Factor ♥ 150-199	High Risk Factor ♥ 200-499	Very High Risk Factor ♥ = 500
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Other Risk Factors for Coronary Heart Disease	Recommended Actions for Lipid Risk Factor Groups		
	Low Risk Factor	Increased Risk Factor	High to Very High Risk Factor
	Repeat within 5 years	Dietary & exercise program and recheck in 6-12 months	See an M.D. for a complete lipid analysis, including LDL and triglycerides levels, and for treatment. Parents with coronary heart disease or cholesterol above 220 should have lipid tests done on all children age 2 and over.
Smoking	QUIT! – Set a date and quit! Get medical help if necessary.		
Blood pressure = 130/85 ♥	See an M.D. for evaluation and treatment. Note: >120/80 is pre-hypertension, also needs evaluation and lifestyle modifications.		
Diabetes	A fasting blood sugar of = 100 is a risk factor ♥. See an M.D.		
Inactivity	Get moving! Get 30 min. of brisk walking daily or 30 min. of running at least 3 times a week.		
Obesity	Measure waist at navel: >40" for men or >35" for women is a risk factor ♥. Get moving! See other side for dietary suggestions for lipid and weight management.		
Non-controllable	Be aware of these risk factors, which can combine with the controllable factors above. Stress can also play a role in raising risk.		
Family History	Sudden death, heart attack, or coronary artery disease in males < 55 years old, or in females <65 Some ethnic groups are at higher risk.		
Age	Men over 44; women past menopause.		

**Metabolic Syndrome (pre-diabetes) is present if 3 or more ♥'s**

