

# my Complete Cholesterol Profile and Action Plan

Your healthcare provider, along with this brochure, can help you better understand your **Complete Cholesterol Profile**, which may help you improve your cholesterol health.

- ▼ Bad (LDL)
- ▲ Good (HDL)
- ▼ Trigs



# Learning About...

## my Risks for Heart Disease

Which of these risk factors<sup>1,2</sup> for heart disease do you have?

- Elevated LDL (bad) cholesterol:  
Talk with your doctor to determine if your bad cholesterol level is too high.
- I smoke cigarettes.
- Reduced HDL (good) cholesterol:  
Men — Less than 40 mg/dL  
Women — Less than 50 mg/dL
- Elevated blood pressure:  
Equal to or greater than 140/90 mmHg or taking medication for high blood pressure
- I have a family history of early heart disease:  
If your father or brother was diagnosed before age 55 or if your mother or sister was diagnosed before age 65
- I am a woman aged 55 or older or a man aged 45 or older.

### my Complete Cholesterol Profile

It is great if you are eating healthy, exercising, and taking a medicine to lower your bad cholesterol, but you may need to do more. Talk to your doctor to find out what your goals are.

In addition to discussing the importance of diet and exercise with your healthcare provider, it is also important to be educated about all parts of your cholesterol and the role each plays in healthy living. For example, did you know that you have 3 main types of cholesterol? While bad cholesterol (LDL) is the primary target, depending on your risk factors and other lipid levels, it may not be enough to just think about bad cholesterol (LDL). It is also important to focus on good cholesterol (HDL) and normal amounts of triglycerides (trigs). Unhealthy levels of any of these 3 parts of your cholesterol can increase your risk for heart disease.

1. Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) final report. *Circulation*. 2002;106(25):3143-421.  
2. American Heart Association. [http://www.heart.org/HEARTORG/Conditions/Cholesterol/AboutCholesterol/What-Your-Cholesterol-Levels-Mean\\_UCM\\_305562\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/Cholesterol/AboutCholesterol/What-Your-Cholesterol-Levels-Mean_UCM_305562_Article.jsp). Accessed August 10, 2010.



## my Bad Cholesterol (LDL) Levels

Too much low-density lipoproteins (bad cholesterol), or LDL, is bad because it can build up in your arteries and together, with other substances, form plaque, which can restrict blood flow to your heart, brain, and other vital organs. If this happens, heart attacks and strokes can occur. That's why you want your bad cholesterol (LDL) to be low. Your LDL goal depends on how many other risk factors you have, such as your age, family history of heart disease, high blood pressure, cigarette smoking, or low good cholesterol (HDL). In general, the more risk factors you have, the lower your bad cholesterol should be. Ask your doctor about what your LDL goal should be and use the tracker below to chart your progress.

### Current Level, Date, and Goal

my Current LDL Level:

Today's Date:

my LDL Goal:

Goal Date:

The National Cholesterol Education Program has set up guidelines to help you and your doctor evaluate your complete cholesterol picture, determine what your cholesterol levels need to be, and create a management plan to help get them in a healthy range.

In general,  
National Guidelines  
recommend the  
following goals for  
LDL levels:

- Below 160 mg/dL if you have 0-1 risk factors
- Below 130 mg/dL if you have 2 or more risk factors
- Below 100 mg/dL if you have heart disease or diabetes
- Below 70 mg/dL if your doctor considers you to be very high risk



## my Good Cholesterol (HDL) Levels

High levels (60 mg/dL or above) of high-density lipoproteins (good cholesterol), or HDL, may help protect you from the risk of heart disease. HDL are good because they can carry cholesterol away from your arteries to the liver where the body can eliminate it. So it's better for your HDL to be high.

### Current Level, Date, and Goal

my Current HDL Level:

Today's Date:

my HDL Goal:

Goal Date:

### National Guidelines Classification of HDL Levels

- High HDL is 60 mg/dL or above
- Low HDL is less than 40 mg/dL for men and less than 50 mg/dL for women



## my Triglyceride Levels

Triglycerides (trigs) are another type of fat in the blood that are made in your body and also come from the food you eat. High levels of trigs are associated with increased risk for CHD. Thus, it is desirable to have low triglycerides.

### Current Level, Date, and Goal

my Current TG Level:

Today's Date:

my TG Goal:

Goal Date:

### National Guidelines Classification of Triglyceride Levels

- Normal trigs are less than 150 mg/dL
- Borderline-high trigs are 150 to 199 mg/dL
- High trigs are 200 to 499 mg/dL
- Very high trigs are 500 mg/dL and above



## Ask, Learn, and Take Charge of Your Health Today

Along with healthy eating and regular exercise, your doctor may prescribe a medication to help manage your cholesterol. It is important to understand what your medications do, how you should take them, and reasonable goals you should set. Ask your healthcare provider questions to help educate yourself about the risks of heart disease and how you can improve your cholesterol health.

**Ask your doctor or healthcare provider the following:**

What types of exercise do you recommend for me?

What type of diet would you recommend?

What are all my cholesterol numbers — bad cholesterol (LDL), good cholesterol (HDL), and triglycerides (trigs) — and what do they mean?

What causes high cholesterol?

My bad cholesterol levels are good, am I still at risk for heart disease?

What is heart disease?

What is the name of my cholesterol medicine(s)?

Is my current cholesterol medication doing enough, or do I need something more?

What does my cholesterol medicine do?

How long do I need to take my cholesterol medicine?

What should I do if I miss a dose?

Can my cholesterol medicine(s) cause side effects?

What should I do if I experience side effects?

How does smoking raise my risk of heart disease?



## Click, Learn, and Share

The Internet is so large that you may find it difficult to know where to find reliable information. To help you, here are some places where you can learn more. Visit these sites and take steps to start and stay with your complete cholesterol action plan.

Some recommended websites:

**Get the Cholesterol Facts** | This site provides an overview of the cholesterol risk factors and an understanding of the relationship between cholesterol and heart disease. This site also tells you how to manage your cholesterol and work with a healthcare provider to make sure all your numbers are where they need to be.

[www.getthecholesterolfacts.com](http://www.getthecholesterolfacts.com)

**Cholesterol on Medline Plus** | MedlinePlus provides information from the world's largest medical library, the National Library of Medicine and the National Institutes of Health, to help answer health questions.

[www.nlm.nih.gov/medlineplus/cholesterol.html](http://www.nlm.nih.gov/medlineplus/cholesterol.html)

**American Heart Association** | HeartHub™ is the American Heart Association's website for information, tools, and resources about cardiovascular disease and stroke.

[www.hearhub.org](http://www.hearhub.org)

**National Cholesterol Education Program (NCEP)**

The NCEP is a government organization that provides information and tools to raise awareness and understanding about high blood cholesterol as a risk factor for heart disease and the benefits of lowering cholesterol levels in order to prevent heart disease.

[www.nhlbi.nih.gov/about/ncep/index.htm](http://www.nhlbi.nih.gov/about/ncep/index.htm)

**American Diabetes Association** | The American Diabetes Association website is a source for information on nutrition, fitness, lifestyle, and prevention and includes information about treating high cholesterol in people with diabetes.

[www.diabetes.org](http://www.diabetes.org)



## my Complete Cholesterol Plan

Your goal is to improve the levels of cholesterol and/or triglycerides in your blood. If diet and exercise aren't enough to keep your cholesterol levels in a healthy range, your healthcare provider may add medication to your cholesterol management plan.

Take your medications as prescribed along with diet and exercise to see if your levels of cholesterol improve over your next several doctor visits.

**my current** medication for cholesterol:

if none, enter "none"

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**my new (or added)** medication for cholesterol:

if none, enter "none"

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