

## KNOW YOUR NUMBERS

LDL Cholesterol is called the BAD cholesterol because it contributes to blockages. It can speed hardening of the arteries (or blockages) any where in the body...heart, legs, and neck. If your LDL is over 100 you are more likely to develop blockages. You can lower your numbers about 10% by exercise and a diet low in saturated fats. Medications will also greatly lower your LDL. Your numbers can be high from not only diet but from hereditary factors which make your liver produce too much cholesterol.

HDL Cholesterol or the GOOD cholesterol carries away some of the bad cholesterol and protects from blockage formation, so the higher your number the better...it should be at least over 40. To raise your HDL stop smoking and exercise regularly. Exercise should be aerobic...walking, biking, or swimming and should not be weight lifting. You should be cleared to exercise by your doctor.

TRIGLYCERIDES are also fats in your blood that can contribute to blockages. The higher the number the higher your risk. Preferably your Trig should be under 150. You can lower this number by not drinking alcohol, watching starches and sugars in your diet, and exercise. If you are diabetic and this number is high...better blood sugar control will help.

## KNOW YOUR MEDICATIONS

STATINS: Altacor Crestor Lescol Lipitor Mevacor Pravachol Zocor  
These medications lower LDL and have some effect on raising HDL and lowering TRIG. These medications slow down your livers' production of cholesterol. Effectiveness: These medications (depending upon the dose) can lower your LDL 10% to almost 70%. Some people will develop generalized muscle aches or joint pain...if this happens let us know.

FIBRATES: Lopid Lofibrate Tricor  
These medications lower TRIG and raise HDL. They have little affect on LDL.

BINDING AGENTS: Colestid Questran Welchol Zetia  
These medications work primarily in your bowel to keep you from absorbing the fat that you eat. They have no affect on liver (unless used in combination with another cholesterol pill). They can cause some stomach upset or constipation....so drink plenty of fluids each day ( 8 glasses/day).

## NIASPAN

This is a B Vitamin and it lowers LDL and TRIG and it raises HDL. It also can increase the size of small LDL and lower LPA (these are detected on a special test called a VAP test).

## SAFETY

Each of the above drugs (except for the binding agents) have a 1-2% risk of affecting the liver. This is not something you will feel but will be detected on blood work. For as long as you take these pills you should check your blood work every 4-6 months. In some cases you may develop generalized muscle aches or fatigue...if this happens notify you doctor.

THIS IS MEANT TO PROVIDE GENERAL INFORMATION AND SHOULD NOT REPLACE ANY ADVICE GIVEN TO YOU BY YOUR HEALTH CARE PROVIDER. IF YOU HAVE ANY QUESTIONS PLEASE DO NOT HESITATE TO CALL YOUR PHYSICIAN.