



MEDICAL CONDITION	SUGGESTED SOLUTIONS	DISEASE MANAGEMENT/ SCREENING GUIDELINES IN THE UNITED STATES	STATISTICS / RISK REDUCTION
<p>Lipid status: (fat levels in the blood)</p>	<ul style="list-style-type: none"> Your cholesterol (lipid) levels should be checked two to three times a year (depending on your levels and medications used). <p>My lipid profile showed _____</p> <ul style="list-style-type: none"> Cholesterol levels should be less than 200 mg/dl, triglycerides less than 150 mg/dl, LDL less than 70 mg/dl or 100 mg/dl depending on your condition. <p>HDL should be greater than 50 mg/dl for women and greater than 40 mg/dl for men.</p> <p>Find out if you need a Statin, Fibrate, or Cholesterol Absorption Inhibitor, Bile Acid Binding Resin, or HDL raising medication (Niaspan).</p> <p>My cholesterol –lowering medication is _____</p> <p>My HDL-raising medication is _____</p> <ul style="list-style-type: none"> If your triglycerides are elevated, you should check with your doctor about the best lipid lowering agent for you. That could be a Fibrate, Lovaza (omega-3 acid ethyl esters) or Niaspan. <p>My triglyceride-lowering medication is _____</p> <ul style="list-style-type: none"> Ask your doctor if you are a candidate for supplementation with omega 3 fatty acids (DHA & 	<p>ADA/AHA 2007 Scientific Statement: Elevated LDL cholesterol is still the primary target for lipid lowering therapy. LDL cholesterol should be less than 100 mg/dL or less than 70 mg/dL in high risk individuals.</p> <p>Triglyceride levels should be less than 150 mg/dL.</p> <p>According to the American Heart Association Guidelines, if triglycerides are 200-499 mg/dL, non HDL goal should be less than 130 mg/dL.</p> <p>If triglycerides are greater than 500 mg/dL, lowering triglycerides is the primary target.</p> <p>(Buse JB, et al. Diabetes Care.2007; 30:162-172. http://care.diabetesjournals.org/cgi/content/full/30/1/162)</p> <p>HDL has been proposed to be a tertiary target after LDL goals (less than 100 mg/dL or 70 mg/dL) and triglyceride goals (less than 150 mg/dL) have been met. HDL levels should be greater than 40 mg/dL in men and greater than 50 mg/dL in women.</p> <p>The American Heart Association proposes that HDL be a secondary target along with triglycerides with a goal of HDL levels being similar to that proposed by the American Heart Association.</p> <p>(http://www.medscape.com/viewarticle/571594)</p>	<p>According to Adult Treatment Panel III update: The lower the LDL-cholesterol levels in high risk patients, the better the risk reduction for major cardiovascular events. For every 30 mg/dL decrease in LDL-cholesterol, the relative risk for coronary heart disease is decreased by 30%.</p> <p>Lowering LDL cholesterol using statins have shown 20-40% risk reduction for coronary heart disease.</p> <p>http://www.medscape.com/viewarticle/569095</p> <p>In individuals with diabetes, controlling lipids leads to 36-44% risk reduction for CHD events (CARDS, CARE/LIPID, 4S) Controlling lipids leads to 25-48% risk reduction for strokes (CARDS, 4S, HPS)</p> <p>For every 10 mg/dL decrease in serum triglyceride level there was 1.4% decrease in the incidence of death, myocardial infarction, and recurrent acute coronary syndrome.</p> <p>The lowest CHD risk was observed in the cohort with triglycerides less than 150 mg/dL and LDL cholesterol less than 70 mg/dL.</p> <p>These individuals were on Pravastatin or Atorvastatin in the evaluation and infection</p>

	<p>EPA).</p> <ul style="list-style-type: none"> Lovaza (omega-3 acid ethyl esters) is a FDA approved omega 3 fatty acid product. Over the counter products are also available. <p>1 capsule of over the counter fish oil is equivalent to 300mg of DHA & EPA.</p> <p>1 gram of a Lovaza (omega-3 acid ethyl esters) capsule has 840 mg of DHA & EPA.</p> <ul style="list-style-type: none"> If you do not have coronary artery disease, you could benefit from 1-2 capsules of fish oil or 1 tablet of Lovaza a day (at least 500 mg of omega 3 fatty acids daily). If you do have coronary artery disease, you would benefit from 3-4 capsules of fish oil or 1-2 capsules of Lovaza a day (at least 1 gm of omega 3 fatty acids daily). <p>A serving of one oily fish per week may reduce cardiovascular risk by 15% in those individuals who never had a cardiac event.</p> <p>My fish oil intake is _____.</p>		<p>therapy-thrombolysis in myocardial infarction study.</p> <p>(Impact of Triglyceride Levels Beyond LDL Cholesterol After Acute Coronary Syndrome in the PROVE IT-TIMI 22 Trial Miller M. et al. Journal of American College of Cardiology 2008 Feb. 19;51(7)[724-730] www.circ.ahajournals.org/cgi/content/full/115/4/450)</p> <p>Every 1 mg/dL increase in HDL is associated with a 2-4% decrease in residual risk for coronary heart disease.</p> <p>(http://www.medscape.com/viewarticle/569095) (Brown BG et. al. <i>New England Journal Med.</i> 2001;345:1583-1592 http://content.nejm.org/cgi/content/full/345/22/1583)</p> <p>Individuals with HDL cholesterol of less than 35 mg/dL had an 8-fold higher incidence of cardiovascular disease compared to those with HDL greater then 65 mg/dL.</p> <p>(High Density Lipoprotein As A Therapeutic Target http://jama.ama-assn.org/cgi/content/full/298/7/786)</p> <ul style="list-style-type: none"> 3 kg (about 6.7 lb) weight loss may lead to 1 mg/dL increase in HDL cholesterol. Diet rich in mono and poly unsaturated fatty acids may lead to 5% increase in HDL cholesterol. Tobacco cessation may lead to 5-10% increase in HDL cholesterol.
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