

Labs

Patient: Caldwell, Ruben
Address: 240a SW 3rd St.
Gainesville, FL 32601
Date of Birth: June 20, 1939
Phone: 352-223-2091

Primary Care: Bishop, J. ANRP
Address: Malcolm Randall VA
Medical Center Gainesville, FL
Phone: 1-888-500-5678

Test

History

Cholesterol

Nov. 15, 2012

+ Hyperlipidemia

A test for high cholesterol

Test date: 11/15/2012
Ordered by: James Bishop, ANRP
Your Risk Group: **Very High**

Your Results

HDL 61 mg/dl

LDL 78 mg/dl

Total (w/VLDL): 174 mg/dl

Goal: 200 mg/dl ✓ Way to go! Keep up the good work.

Next Steps



Consistent regular exercise can lower triglycerides by 30% to 40% and boost HDL by 5 to 8 mg/dL. Exercise affects your cholesterol and triglycerides in two main ways.

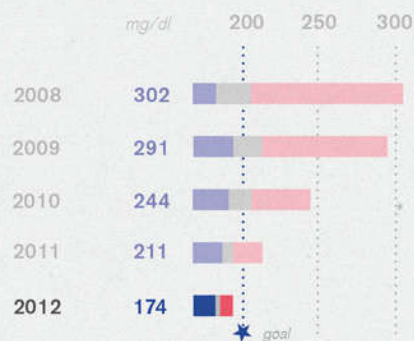
1. Exercise helps lower triglycerides, which at high levels are linked to coronary artery disease.
2. Exercise also raises your levels of HDL, or the "good" cholesterol.



Saturated fat is likely to raise blood cholesterol more than any other food in your diet. Reduce saturated fat to no more than 7% of total calories (16 grams/day for you), and cholesterol to no more than 200 milligrams per day.

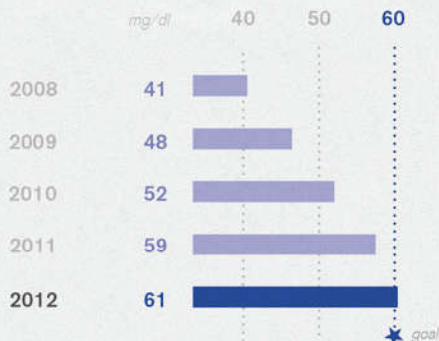
Total Cholesterol

Your total blood cholesterol is a measure of LDL cholesterol, HDL cholesterol, and other lipid components



HDL (good) cholesterol

With HDL (good) cholesterol, higher levels are better. Low HDL cholesterol (less than 40 mg/dL) puts you at higher risk for heart disease.



LDL (bad) cholesterol

The lower your LDL cholesterol, the lower your risk of heart attack and stroke. Because LDL cholesterol is a major risk factor for heart disease, it's the main focus of your cholesterol-lowering treatment.

