



**BUFFALO
GENERAL
HOSPITAL**

A Kaleida Health Facility
100 High Street
Buffalo, NY 14203

	WHAT IT IS	RECOMMENDATIONS
TOTAL CHOLESTEROL Normals Desirable: Less than 200 High: More than 240	<ul style="list-style-type: none"> Cholesterol comes from 2 sources: 1. Your liver 2. What you eat Your family history and your genes can influence cholesterol. Some cholesterol is good. Too much cholesterol in your body causes fatty deposits to build up in blood vessels. This can cause blockages which cause heart attacks and strokes. 	To lower cholesterol and lipid levels: <ul style="list-style-type: none"> Decrease saturated fat in diet- like cheese, whole milk, cream, butter, regular ice cream, fatty meats, skin on poultry. Eat at least 5 servings a day of fruits and vegetables (2 fruit, 3 vegetable) fresh, frozen and dried types are best. Eat lots of fiber food- fruits, vegetables, whole grain bread and cereals, oatmeal. Eat fish twice per week. All kinds are good including tuna. No deep fat fried fish.
HDL Desirable: 40 or more For Women: 50 or more High: 60 or more (this level is protective)	(High Density Lipoprotein) <ul style="list-style-type: none"> "Good cholesterol" The higher the HDL is; the better. There really is no upper limit. 	To raise HDL levels: <ul style="list-style-type: none"> Stop smoking. Be physically active everyday plus exercise at least 4 to 5 days per week for 30 minutes or more. Maintain a healthy body weight. Very low HDL levels may also require medication, even if total cholesterol is normal level.
LDL Optimal: Less than 100 Near Optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: 190 or more LDL GOALS CHD or CHD equivalent: Less than 100, the lower the better (see note *) 2 or more risk factors + risk % greater than 20%: Less than 130 0 - 1 risk factor: Less than 160	(Low Density Lipoprotein) <ul style="list-style-type: none"> "Bad cholesterol" The lower the LDL is; the better. Only bad if you have too much in your body. High LDL levels increase your chances for fatty deposits to build up in your blood vessels which can cause blockages. This increases your chance for heart disease and strokes. High LDL levels and low HDL levels together greatly increase chances for fatty deposits to build up in vessels. Each person will have a different LDL goal based on risk assessment and health history. 	To lower LDL levels: <ul style="list-style-type: none"> Follow diet guidelines listed above under cholesterol. Follow same recommendations listed under HDL above. To get to LDL goal- many may be on cholesterol lowering medications even if total cholesterol is normal. Those who have multiple risk factors and or test greater than 20% on risk tool will have LDL goal of 100 or less. The lower; the better. <p>* Those who have heart or vascular disease already and are diabetic need LDL treated to significantly less than 100, preferably down to 70.</p>
TRIGLYCERIDES Desirable: Less than 150 Borderline High: 150 - 199 High: 200 - 499 Very High: More than 500	<ul style="list-style-type: none"> A bad type of fat found in food and body fat. Needs to be fasting test to get accurate level. If overweight, our body stores the extra calories we eat as triglycerides. Even a small amount of weight loss in someone who is overweight can quickly bring triglycerides down. Encourage increased physical activity. Very high triglycerides may require medication treatment also. 	To lower triglyceride levels: <ul style="list-style-type: none"> Eat less sweets: soft drinks, pies/cakes, pastries, candy, popsicles, ice cream, syrup, chocolates, donuts. Eat less fats: gravies, butter, sour cream, high fat cheese, stick margarine, fat on meat. Drink less alcohol. Include fish in your diet at least twice/week. Maintain healthy body weight.

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