



High Cholesterol

You have been diagnosed with high cholesterol. High cholesterol, also known as hyperlipidemia, contributes in a large way to heart attack and stroke. If you smoke, have high blood pressure, diabetes, heart disease, or previous stroke, you are at increased risk for even more problems if you do not treat your high cholesterol.

Many people wonder where they “get” cholesterol. CAGE is the answer:

C-cheese and other sources of dairy fats such as milk, ice cream, cream and yogurt.

A-animal fats; hamburgers, hotdogs, sausage, fried foods, bologna, fatty cuts of meat

G-get it away from home; high fat meals purchased from or eaten in restaurants

E-eat extra high fat commercial products (candy, pastries, pies, doughnuts, cookies)

Notice; if it comes from an animal, it has cholesterol

If this doesn't describe you, it may also be that your body simply makes cholesterol because your genetic make-up is designed to do so. Often if this is the case, your cholesterol will be extremely high- even in the thousands (1,000-2,000).

Listed below are the values which we will use to set goals for your treatment. Depending on your current medical risk; we will use either lifestyle changes (diet, exercise, smoking cessation) or medical management (medicines) to lower your cholesterol.

Risk Category Cholesterol	Target Goal	LDL Goal	Lifestyle Changes Needed if...	Drug Therapy Indicated/Medicines Needed if...
Diabetes, Peripheral Artery disease,			LDL: 100-	>130 LDL – will use a “Statin” Drug(Lipitor, Simvastatin)

Coronary Artery disease, Abdominal Aneurysm	<200	<100	130 Cholesterol: >200	If abnormal Triglycerides or low HDL: Nicotinic acid /Fibrates will be added
2+ risk factors (smoker, Hypertension, low HDL, Family history heart disease, >55 years old)	<200	<130	>130 LDL >200 Cholesterol After 3 months, Drug therapy	Framingham risk 10-20% >130 *** Framingham risk <10% >160 *** ***See your risk score on the back of this sheet.
0-1 risk factor	<200	<160	>160 LDL >200 Cholesterol	160-189 LDL medicine optional >190 LDL treat with medicine

Summary of Drugs used to treat High Cholesterol

Drug Name	Dosage	Effects	Contraindications	Considerations
Lipitor (Atorvastatin)	10-80 mg/day	Decreases LDL	Liver Disease	Take at Evening Meal
Zocor (Simvastatin)	20-80 mg/day	Increases HDL	Liver Disease	Take at Evening Meal
Pravachol (Pravastatin)	10-40 mg/day	Decrease Trig	Liver Disease	Take at bedtime

Cholesterol medicines should be re-evaluated every 6 weeks for effectiveness on the LDL, as well as the effect on the liver of the patient. Blood will be drawn every 6 weeks for the first 3 visits. Stop taking the medicine if you develop extremely sore muscles, or if your urine turns brown; If this happens, be seen for a medical visit in the office; tell the provider that you experienced these symptoms while taking cholesterol medicines. Grapefruit juice may alter how the drug works; avoid taking the medicine with grapefruit juice.

Nutritional Recommendations for People with High Cholesterol

		For Weight
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CHOOSE MORE	CHOOSE LESS	Reduction
<p>BREADS AND CEREALS 6 or more servings daily Whole Grains, Whole Cereals Brown Rice, Dry Beans, Dry Peas</p> <p>VEGETABLES 3-5 servings daily Fresh, canned, without fat, sauce or fat</p> <p>FRUITS 2-4 Servings Daily Fresh, Frozen, Canned, Dry</p> <p>DAIRY 2-3 Servings Daily Fat free, skim, 1%, Yogurt, cottage cheese, Fat-free and low fat cheese</p> <p>EGGS <2 yolks per WEEK Egg white or substitutes OK</p> <p>FISH, MEAT, POULTRY <5 oz per day Fist, lean cuts loin, extra lean hamburger, Cold cuts made with lean meat or soy, Skinless poultry.</p> <p>FATS AND OILS Unsaturated fats, olive oil, canola,</p>	<p>Breads/Cereal: Bakery products Doughnuts, Biscuits, Butter Rolls, Muffins, Croissants, Sweet Rolls, Danish, Cakes, Pies, Coffee Cake, Cookies, Chips, Puffs, Snack Mixes, Crackers, Buttered Popcorn</p> <p>Vegetables: Fried, buttered, Cheesy, creamy or saucy</p> <p>Fruits: served with butter or Cream</p> <p>Dairy: whole milk, 2%, whole yogurt, ice cream, cream, whole fat cheese</p> <p>Eggs: Egg yolks, whole eggs</p> <p>Meat Poultry, Fish: Higher fat</p> <p>Meat cuts: ribs, t-bone, Steak, regular hamburger, Bacon, sausage, cold cuts, salami, Bologna, hot dogs, organ meats, Liver, brains, sweetbreads, Poultry with skin,</p>	<p>Keep track of Weight: Record Weight and BMI Weekly</p> <p>BMI >30 is OBESE GOAL: BMI of <25</p> <p>Lose Weight: 10% Body weight in 6 months ½ to 1 pound per week</p> <p>Develop Healthy Eating Patters: Choose healthy foods (column 1) Reduce unhealthy foods (column 2) Limit large meals Increase small meals to 5-6/day Select portion sizes smaller than your fist Avoid second helpings Drink a glass of water before each meal Skip dessert Identify and reduce hidden fat by reading food labels. Choose products low in saturated Fats and calories. Identify and reduce sources of Excess carbohydrates such as Fat free and regular crackers, Cookies and desserts,</p>

peanut,
Vegetable oil, nuts,
fish

DIET OPTIONS

Sterol containing
margarines
(Benecol),
Fiber food sources:
barley, oats, apples,
banana, berries,
citrus, nectarines,
peaches, pears,
plums, prunes,
broccoli, brussel
sprouts, carrots,
dry beans, peas, soy
(tofu).

fried meat, fried Poultry,
fried fish.

Saturated Fats: Coconut
Oil, butter, Stick
margarine.

*In general, if the food is
solid when it is cold but
liquid when it is hot, avoid
it.

Example: (Butter is solid
in the fridge but liquid
when melted)

Snacks and sugar
containing Drinks.

Limit Alcohol

Move more often:

Park far away in
the lot and walk!

Move your body
while watching TV
(lift water jugs or
small weights)

Take the stairs

Walk every night
with your family
after dinner.

Take a bike ride.

Garden.

Next day off, go to
the park instead of
the movies.