

Controlling your risk: Cholesterol and Other Lipid Goals

Cholesterol changes from day-to-day. It may be high because...

- of a medical condition like a thyroid problem.
- of a recent illness or injury.
- of pregnancy or breast feeding.
- the liver makes too much.

One cholesterol measurement may not tell the whole story. Several checks are needed to be sure of your numbers. Your doctor can order the tests and explain your risks.

Framingham Risk is a measure of how likely you are to have a heart attack, angina or a stroke within the next 10 years. It is calculated using your age, gender, total cholesterol, HDL cholesterol, systolic blood pressure, and if you smoke.

Aim for a total cholesterol of ...

less than 5.2 mmol/L for the average person with a

- Framingham Risk score less than 20%

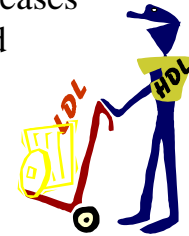
less than 4.3 mmol/L for a high risk person with

- diabetes, or heart disease, or heart failure, or kidney failure, or stroke
- Framingham Risk score 20% or greater and 2 other risks

Aim for a HDL cholesterol (high density lipoprotein) **of more than 0.8** mmol/L. Less than that increases your risk. Higher is better, recommended levels are...

1.0 mmol/L or higher for men

1.3 mmol/L or higher for women



Aim for a LDL cholesterol (low density lipoprotein) **of...**

less than 4.1 mmol/L if you have

- 1 or fewer risk factors for heart disease and a Framingham Risk of less than 10%

less than 3.4 mmol/L if you have

- 2 or more risk factors for heart disease and a Framingham Risk of more than 10% and less than 20%

less than 2.6 mmol/L if you have

- diabetes, or heart disease, or heart failure, or kidney failure, or stroke
- 2 or more risk factors and a Framingham Risk of 20% or more.

Aim for triglycerides (VLDL- very low density lipoprotein)

of less than 3.9 mmol/L.