

Factors that cause changes in blood Cholesterol and Glucose

Excess fat in your diet, particularly **saturated fat**, may cause an increase in your blood cholesterol. Obesity is also associated with Type II diabetes mellitus.

Dietary cholesterol (the cholesterol in food) raises blood cholesterol levels in most people.

Excess weight gain tends to lower HDL cholesterol and raise LDL cholesterol. Shedding excess pounds can raise your HDL and lower your LDL levels, as well as improve glucose levels in Type II diabetes mellitus.

Smoking lowers HDL cholesterol levels. Alcohol may slightly raise HDL. While your doctor may urge you to quit smoking, drinking alcohol to bring up your HDL level is not recommended.

Regular exercise may help increase HDL cholesterol levels – but not dramatically. It may also help lower LDL (BAD) Cholesterol and control Glucose levels in type II diabetes mellitus. Exercise usually goes hand in hand with losing excess weight, which tends to lower LDL cholesterol.

Some common conditions that can affect your blood cholesterol levels include: severe trauma such as surgery or heart attack, acute bacterial or viral infection, severe pain or physical strain, major illness, and pregnancy. Certain medications will also effect total blood cholesterol and/or HDL cholesterol levels. Be sure to tell your doctor about any

recent illnesses and any medications you're taking when you have a cholesterol test.

Your risk of heart disease increases as the level of HDL cholesterol decreases. In fact, the National Cholesterol Education Program (NCEP) adult treatment guidelines now recommend testing for HDL cholesterol as well as total cholesterol for accurate assessment of cardiac risk. Total cholesterol testing alone can be misleading.

Approximately 40% of the U.S. population (40 out of 100) who are only tested for total cholesterol could misinterpret their results:

- 17% (17 out of 100) tested don't realize they could be at risk due to their low HDL cholesterol level (<35mg/dl)
- 23% (23 out of 100) tested may over estimate their risk because their HDL cholesterol level is high (>60mg/dl), indicating added protection from heart disease.

Your doctor needs to know the level of your HDL, LDL, and another kind of fat called triglycerides. Together, measurement of these blood lipids is called lipid profile.

People with high or borderline high levels of cholesterol or low levels of HDL cholesterol should be tested more frequently than people with desirable lipid levels and, if necessary should follow a diet low in fats and cholesterol or be given cholesterol-lowering drugs.

Risk Factors:

At any given time, a combination of factors affect your blood cholesterol value: your diet, your weight, whether you smoke, how much alcohol you drink, how much aerobic exercise you get, your general health, and medications you are taking. This is why your doctor will take the average of several tests to arrive at an accurate picture of your total, HDL, LDL, and triglyceride levels. When determining your treatment to lower a high cholesterol level, your doctor will evaluate several factors. Check if you have any of the following risk factors and discuss with your doctor.

- Family history of premature coronary heart disease (before 55)
- Low HDL (less than 35 mg/dl)
- High Blood pressure (above 140/90)
- Diabetes Mellitus (high blood sugar)
- Obesity (more than 30% overweight)
- Current cigarette smoking
- Male (45 or older)
- Female after menopause (55 years or premature menopause without estrogen replacement therapy)
- Inactivity

Be informed – Know your Number

Tested by: Cholestech LDX System