

Greenwich Hospital

Blood Lipid Profile and Heart Disease/Stroke Risk Reduction

PATIENT/FAMILY INFORMATION SHEET

What is a blood lipid profile?

A lipid profile is a blood test that measures the amount of lipids, or fats, in your blood. The lipids measured are usually total cholesterol, HDL cholesterol, LDL cholesterol and triglycerides. When levels of these lipids are abnormal, there is an increased risk of heart attack and stroke.

What are the recommended blood lipid targets after a stroke or heart attack?

Blood Lipid*	Target*
Total cholesterol	Less than 200 mg/dl
HDL cholesterol ("Good" cholesterol)	Men: more than 40 mg/dl Women: more than 50 mg/dl
LDL cholesterol ("Bad" cholesterol)	Less than 70 mg/dl
Triglycerides	Less than 150 mg/dl

What can I do to improve my lipid profile?

Lifestyle changes, such as modifying food choices, attaining and maintaining a healthy body weight and increasing physical activity can help improve the lipid profile.

Lifestyle Modification*	Recommendation*
Limit saturated and trans fat intake to less than 7% of total calories (about 16 grams on a 2000 calorie diet)	Choose less of: fatty cuts of beef, pork, lamb, and veal; whole and 2% milk, butter, full fat cheeses, heavy cream, half and half, ice cream, fried foods, cold cuts, bacon, sausage, high fat desserts and baked goods.
Limit dietary cholesterol intake to less than 200 mg per day	Choose no more than 5-6 ounces/day of lean beef, lamb, pork, fish, or skinless poultry; 2 or fewer egg yolks per week, 2-3 servings of fat free or 1% fat dairy products daily
Eat 5-10 grams/day of soluble fiber	Choose oats, oatmeal, oat bran, beans, peas, lentils, barley, fruits, and vegetables more often

Eat 50-60% of total calories from carbohydrates (about 250-300 grams on a 2000 calorie diet)	Choose more whole grain cereals and breads, brown rice, fruits and vegetables.
Weight Reduction	Attain and maintain a Body Mass Index (BMI) of 19-25. Attain and maintain a waist measurement of less than 40 inches for men and 35 inches for women.
Exercise	Include moderate physical activity, about 20-60 minutes every day (*be sure to check with your doctor before starting an exercise program)

**source: The American Heart Association www.americanheart.org Retrieved 11/05 (see website for the full recommendation.).*

American Dietetic Association, Dietitians of Canada [Manual of Clinical Dietetics](#), 6thEd

What can I do if lifestyle interventions do not bring my lipids to my target goals?

If your blood lipids are not at your target goals despite incorporating lifestyle changes, your physician may prescribe medication. The type of medication depends upon which blood lipid is abnormal and other health considerations. Your physician will discuss with you which medication will work best for you.

Where can I learn more about blood lipid profiles and lifestyle modification?

If you have questions you may contact any of the following resources:

Organization	Phone
Greenwich Hospital Healthy Living Center	203.863.3751
Greenwich Hospital Out-patient Dietitian	203.863.3668
American Heart Association	800.242.8721
Web Resources	
<input type="checkbox"/> National Cholesterol Education Program:	www.nhlbi.nih.gov
<input type="checkbox"/> American Heart Association	www.americanheart.org

Reference: www.nhlbi.nih.gov
Circulation 2004;110:227-239.

For more Patient Fact Sheets, see the Greenwich Hospital web site at www.greenhosp.org and Click on Patients & Visitors, then Patient Education