

### **Disclaimer**

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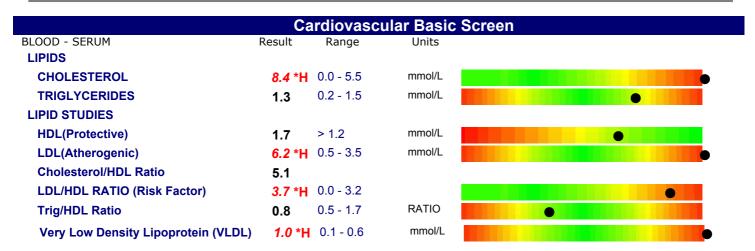


PATIENT FIRST NAME:

**PATIENT SURNAME:** 

DATE OF BIRTH: GENDER:

ADDRESS:



# **Lipid Profile Comment**

# CHOLESTEROL COMMENT:

For secondary prevention, total cholesterol Treatment Target is <4.0~mmol/L Triglycerides Treatment Target <2.0~mmol/L HDL Treatment Target Value >1.0~mmol/L

#### LDL-CHOLESTEROL COMMENT:

LDL cholesterol is defined as Low-density lipoprotein cholesterol, commonly referred to as 'bad' cholesterol. Elevated LDL levels are associated with an increased risk of heart disease. Lipoproteins, which are combinations of fats (lipids) and proteins, are the form in which lipids are transported in the blood. Low-density lipoproteins transport cholesterol from the liver to the tissues of the body.

#### TRIG/HDL RATIO COMMENT:

HDL is closely related to triglycerides. Commonly, patients with elevated triglycerides also have low HDL levels, and also tend to have elevated levels of clotting factors in their blood stream, which is unhealthy in protecting against heart disease. The triglyceride/HDL ratio is found to be one of the better predictors of heart disease. Research shows that people with an elevated ratio of triglycerides to HDL have 16 times the risk of heart attack as those with the low/normal.

Therefore, in adults, the triglyceride/HDL ratio should ideally be below 2.0 .