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What is Your Cholesterol Goal?

Put a check next to each of the risk factors below to find out what your "bad" LDL cholesterol level should be.

RISK FACTORS

- I am a male at least 45 years old, or I am a female at least 55 years old.
- I am a female under 55 years old premature menopause.
- Early heart disease runs in my family (a parent or sibling under 55 if male, or under 65 if female).
- I am a smoker.
- I have high blood pressure.
- I have diabetes.
- I have a low "good" HDL-cholesterol level (less than 40).
- My "good" HDL-cholesterol is higher than 60, so I can subtract one risk factor.
- Total risk factors

Reaching your "bad" LDL-cholesterol goal can help reduce your risk of heart disease, the number one killer of men and women in the United States. Use the chart below to find out what your goal is.

Risk Category	LDL Goal
Less than two risk factors and no coronary heart disease	below 150
Two or more risk factors and no coronary -heart disease	below 100
Coronary heart disease (prior heart attack, angioplasty, or bypass surgery)	below 70
Diabetes (regardless of coronary disease)	below 70

Share your results with your doctor.

Know Your Cholesterol Numbers

LDL-CHOLESTEROL is commonly referred to as "bad" cholesterol. High levels can lead to waxy buildup on your artery walls and can cause heart attacks.

HDL-CHOLESTEROL is the "good" cholesterol. It is believed that high HDL-cholesterol may actually help clear away the bad LDL-cholesterol.

TRIGLYCERIDES are fats in your blood that increase after you eat. High triglyceride levels in combination with high LDL-cholesterol levels can increase your risk of heart disease.

TOTAL CHOLESTEROL is the number you often receive from your doctor. It is derived from your LDL, HDL, and triglyceride readings, but what exactly does this number mean to you? It is important to ask your doctor what each of your readings are and what your goals should be.

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