

Recommendations on the management of blood cholesterol for preventing cardiovascular disease

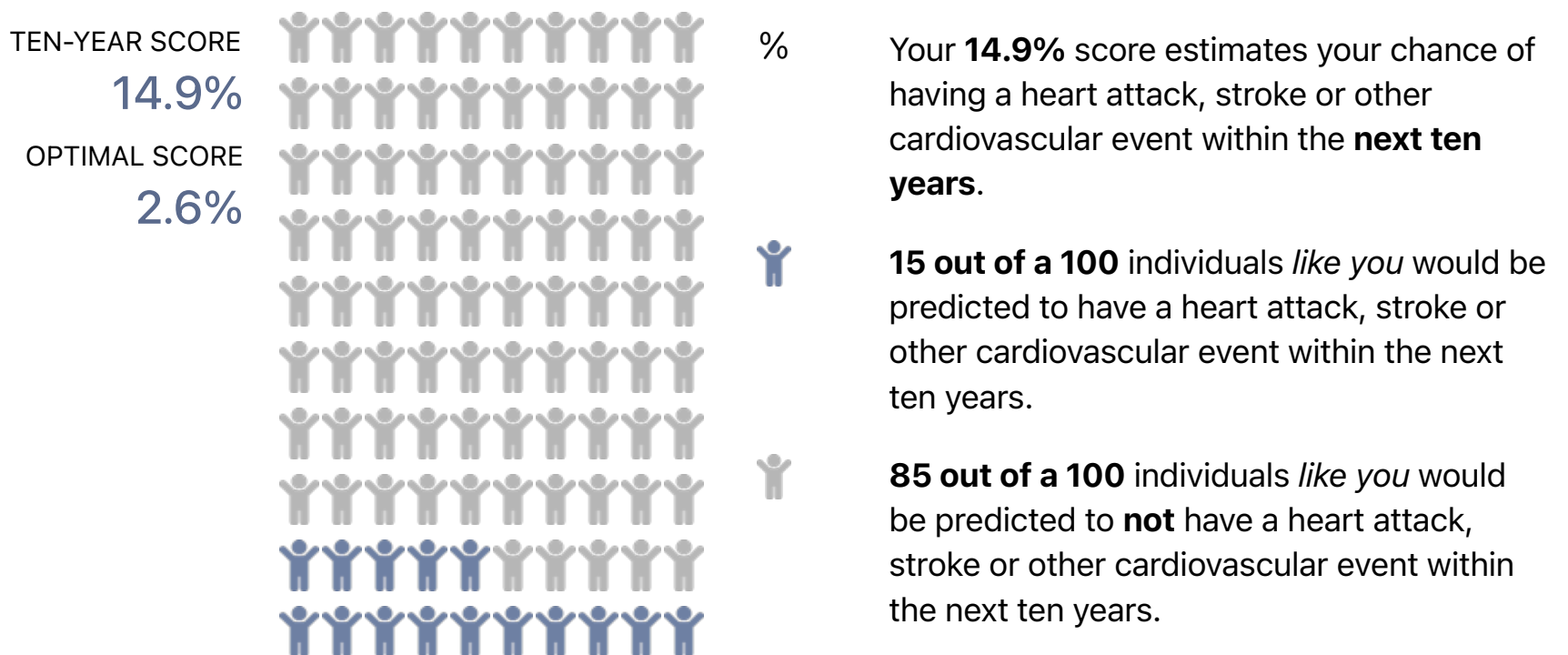
Oct 31, 2022

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Age: 52 years (DOB: 1/1/70)
 Gender: male
 Race/Ethnicity: Other

■ Heart Disease Risk

Based on guidance from American College of Cardiology and American Heart Association



MY RISK STATUS • Your risk score is **between 7.5% to less than 20%**, which is **Intermediate** risk for developing heart attack, stroke or other cardiovascular event
 With appropriate medical management, your risk score could be **lowered to 2.6%**

Note: Risk of heart attack, stroke or other cardiovascular event may be **higher** than the indicated score for **American Indians, Asian Americans of South Asian ancestry and Puerto Ricans**.

The risk may be **lower** than the indicated score for **Asian Americans of East Asian ancestry and Mexican American populations**.

LABS & HISTORY

10/31/22 | Attested
Total cholesterol
250 mg/dL

10/31/22 | Attested
LDL cholesterol
130 mg/dL

10/31/22 | Attested
HDL cholesterol
63 mg/dL

10/31/22 | Attested
Triglycerides
266 mg/dL

10/31/22 | Attested
Blood Pressure
156/95 mmHg

7/12/19 | 🍏 Health
Blood Glucose
67 mg/dL

7/12/19 | 🍏 Health
Hb A1c
5.9 %

10/31/22 | Attested
Diabetes mellitus
No

8/27/15 | 🍏 Health
History of smoking
Yes

4/14/16 | 🍏 Health
Hypertension medication
lisinopril
(PRINIVIL, ZESTRIL) 5 MG
tablet

10/31/22 | Attested
Cholesterol-lowering
medication
No

RISK ENHANCING FACTORS

10/31/22 | Attested
Family history of
premature heart disease
No

10/31/22 | Attested
South Asian Ancestry
Yes
Studies have found individuals
of South Asian ancestry to be
at higher risk of developing a
cardiovascular event (like
heart attack or stroke).

10/31/22 | 🍏 Health
Metabolic risk factors
Yes
Elevated tryglycerides (150
mg/dL or greater)
High blood pressure

■ Supporting Guideline Recommendations

Discuss with your doctor

Controlling
Cholesterol



According to the ACC/AHA guidelines,
People similar to you, with , lab results and medical history **have benefitted** from
a medication that lowers the buildup of cholesterol in the blood vessels and
prevents heart attack, stroke or other cardiovascular event.
Please consider discussing this recommendation with your doctor.

✘ Currently, you are not taking a cholesterol-lowering medication

Who Benefits with a Statin

According to the ACC/AHA guidelines, You fall into **1** of the following 4 groups of patients who may benefit from a cholesterol-lowering medication (such as a statin).

GROUP 1

Age 40-75 with a diagnosis of diabetes mellitus

GROUP 2

Age 40-75 and history of LDL-cholesterol level of 190 mg/dL or more

YOU FIT IN THIS GROUP

GROUP 3

Age 40-75, history of LDL-cholesterol level of 70 mg/dL or more and ten-year risk score of 7.5% or more

GROUP 4

Age 40-75, history of LDL-cholesterol level of 70 mg/dL or more and ten-year risk score between 5-7.5% with multiple risk-enhancing factors

Understanding Cholesterol

Elevated cholesterol (a fat-like substance that comes from animal foods or is made in your body) can clog arteries that reduce blood flow to the organs and may lead to heart attack, stroke or other cardiovascular event.

HDL = Good

High density lipoprotein is known as good cholesterol

LDL = Bad

Low density lipoprotein is known as bad cholesterol

Triglyceride

is the most common type of fat in the body

Total Cholesterol

is equal to your HDL + LDL + 1/5th Triglyceride level

Managing cholesterol

The following lifestyle measures can help manage blood cholesterol



Eating healthy

A diet high in saturated fat (red meat, poultry, butter, cheese) can raise LDL cholesterol. Balancing your diet with lean meat, skinless poultry, whole grain, fruits and vegetables can help lower risk of heart attack, stroke or other cardiovascular event.



Being physically active

Sedentary lifestyle is a risk factor for developing heart disease. A good starting point is at least 150 mins of physical activity a week.





Track Levels

Keeping track of your cholesterol levels over time will help you and your doctor better assess your health and progress.



Avoid exposure to tobacco or smoking products

Smoking raises blood pressure and lowers HDL (good cholesterol) which raises the risk of clot formation and heart attack, stroke or other cardiovascular event.

■ **Discuss with your doctor**

Please discuss with your doctor about these *guideline based recommendations* for managing blood cholesterol. Your doctor will review with you the benefits and risks of taking a medication for lowering cholesterol in preventing development of a heart disease. There may be additional risk factors or considerations that may require further examination.

Risk estimates and recommendations are based on the ACC/AHA clinical practise guidelines for the management of blood cholesterol to prevent atherosclerotic cardiovascular disease.

The recommendations provided by this application is intended for educational and research purposes and do not replace clinical judgement. Consult your doctor for specific therapies.