

Lowering cholesterol with Therapeutic Lifestyle Changes (TLC)



TLC is a set of things you can do to help lower your LDL cholesterol. The main parts of TLC are;

□ **The TLC Diet.** This is a low-saturated-fat, low-cholesterol eating plan that calls for less than 7% of calories from saturated fat and less than 200 mg of dietary cholesterol per day. The TLC diet recommends only enough calories to maintain a desirable weight and avoid weight gain. If your LDL is not lowered by reducing saturated fat and cholesterol intakes, the amount of soluble fiber in your diet can be increased. Certain food products that contain plant stanols or plant sterols (for example, cholesterol lowering margarines and salad dressings) can also be added to the TLC diet to boost its LDL-lowering power.

□ **Weight Management.** Losing weight if you are over weight can help lower LDL and is especially important for those with a cluster of risk factors: high triglyceride and/or low HDL levels and being overweight with a large waist measurement (more than 40 inches in men and more than 25 inches for women).

□ **Physical Activity.** Regular physical activity (30 minutes on most, if not all days) is recommended for everyone. It can help raise HDL and lower LDL and is especially important for those with high triglyceride and/or low HDL levels who are overweight with large waist measurements.

Drug Treatment Even if you begin drug treatment to lower your cholesterol, you will need to continue your treatment with lifestyle changes. There are several types of drugs available. Your doctor will decide which type of drug is best for you.

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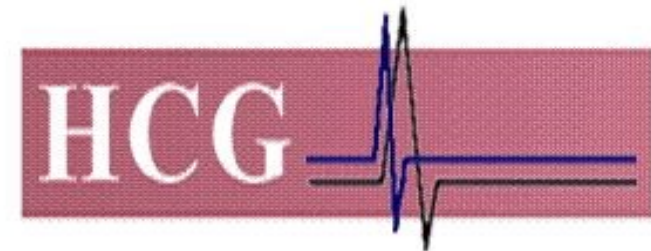
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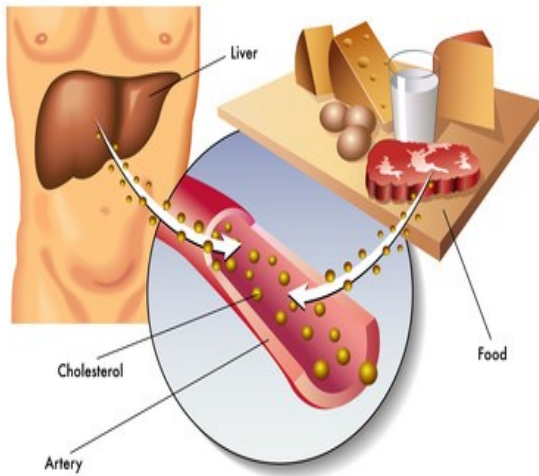
A GUIDE TO ... CHOLESTEROL

High blood cholesterol is one of the major risk factors for heart disease.



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Cholesterol Sources



What do your cholesterol numbers mean?

Everyone age 20 and older should have their cholesterol measured at least once every 5 years. It is best to have a blood test called a “lipoprotein profile” to find out your cholesterol numbers. This blood test is done after a 9- to 12-hour fast and gives information about you:

- **Total cholesterol**
- **LDL (bad) cholesterol** –the main source of cholesterol buildup and blockage in the arteries
- **HDL (good) cholesterol**—helps keep cholesterol from building up in the arteries
- **Triglycerides**—another form of fat in your blood

What Affects Cholesterol levels?

A variety of things affect cholesterol levels. These are the things you can do something about:

- **Diet** : Saturated fat and cholesterol in the food you eat make your blood cholesterol level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet helps lower your blood cholesterol levels..
- **Weight**: Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. Losing weight can help lower your LDL (bad) and total cholesterol levels, as well as raise your HDL (good) and lower your triglyceride levels.
- **Physical Activity**: Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all days.

What is cholesterol?

Why is cholesterol important?

Your blood cholesterol level has a lot to do with your chances of getting heart disease .High cholesterol causes the hardening of the arteries, or narrowing and clogging of the blood vessels. The build up of cholesterol and fat in the artery wall or blood vessels can decrease oxygen flow to the heart and cause heart attack or stroke. Which in turn can result in disability and death. Heart disease is the number one killer of women and men in the United States. Each year, more than a million Americans have heart attacks, and about half million people die form heart disease.

High blood cholesterol itself does not cause symptoms, so many people are unaware that their cholesterol level is too high. It is important to find out what your cholesterol numbers are.

Screening	Target
Cholesterol (total)	↓ 200 - Desirable 200 - 239 - Borderline ↑ 240 or above - High Risk
HDL	↑ 60 or above - Low Risk of Heart Disease 40 - 60 - Near Optimal ↓ 40 or below - High Risk of Heart Disease
LDL	↓ 100 or below - Low Risk of Heart Disease
Triglycerides	↓ 150 or below - Low Risk of Heart Disease



Contact Us

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