

Please review the information below for tips regarding ways you can obtain the optimum (best) results from your bloodwork:

- 1- Blood concentrations of lipids within the bloodstream can change significantly with your food intake. When you eat a meal that contains fat, your levels will rise.
 - 2- The degree of the increase depends on your baseline level. Example, If your triglyceride level is about 50 mg/dl (this is a low #), after eating a fast food hamburger, French fries, and milkshake, your triglycerides could increase by 15-20%!
 - 3- Anything taken in, other than water, can elevate your levels as they change dramatically after meals. Without proper fasting, they could be high enough to prompt your provider to prescribe medication.
 - 4- Lose a few pounds.
 - 5- Exercise
 - 6- Levels fluctuate due to different circumstances and can be affected especially by:
 - a. Alcohol consumption 24 hours before the test.
 - b. Dehydration 24 hours-to days before the test.
 - c. Some Vitamins and Supplements 24 hours before the test.
 - 7- Each person is different the way they “clear” excessive amounts of fats, and cholesterol from their systems, but these tips should be taken into consideration.
 - 8- Postural change can also affect your measurements: the level/s can vary as much as 15% depending on whether you are sitting or standing when blood is drawn.
 - 9- If you have questions or concerns please contact your provider. If you do not have a provider, it is important that you obtain one!
- Remember.....nothing after midnight except some water! You are not having surgery....Water is okay in this situation.

- LDL carries cholesterol for cell building needs, but leaves behind any excess on artery walls and in tissues;
- HDL helps to prevent narrowing of the artery walls by removing the excess cholesterol and transporting it to the liver for excretion.

For this reason, their blood levels are important markers for cardiovascular health and disease. Hopefully, you will have great numbers this year! Good Luck to all!

The following are our high risk indicators: Systolic blood pressure (the top number), Diastolic blood pressure (the bottom number), blood sugar, waist circumference, and Body mass index. Although the American Medical Association and the National Institutes of Health relate Cholesterol, HDL, LDL, and triglycerides as risk factors, those will not be risk factors for this year's assessments.

