



Blood Lipids



Name: _____

Date of birth: _____

Total Cholesterol

Too High
More than 4.0 mmol/L



8.5
8.0
7.5
7.0
6.5
6.0
5.5
5.0
4.5
4.0

Healthy Levels

Under 4.0 mmol/L
If you do not have diabetes under 5.0 mmol/L is a healthy level



3.5
3.0
2.5
2.0
1.5
1.0
0.5
0

Triglyceride

Too High
More than 2.0 mmol/L
Concern Zone - Increased risk of heart disease



5.5
5.0
4.5
4.0
3.5
3.0
2.5
2.0

Healthy Levels

Under 2.0 mmol/L



1.5
1.0
0.5
0

LDL Cholesterol

Too High
More than 2.0 mmol/L
Concern Zone - Increased risk of heart disease



5.5
5.0
4.5
4.0
3.5
3.0
2.5
2.0

Healthy Levels

Under 2.0 mmol/L



1.5
1.0
0.5
0

HDL Cholesterol

Healthy Levels

More than 1.0 mmol/L

2.0
1.5
1.0
0.5
0

Too Low
Under 1.0 mmol/L

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

What are Blood Lipids

- Blood lipids are the cholesterol and fat that is carried in the blood. When your total cholesterol, LDL-cholesterol and triglycerides are HIGH it raises the risk of heart disease.
- LDL-cholesterol is the 'bad cholesterol' because it causes cholesterol to build-up and create blockages in the arteries.
- Triglycerides can be high even if your total cholesterol is okay.
- HDL-cholesterol is the 'good cholesterol' because it helps to keep cholesterol from building up in the arteries. This is the only one we want to be a high reading. (>1mmol/L)

What can you do to reduce your blood lipids (and raise HDL-cholesterol)

- See your Doctor if you are sick or having trouble with your medicines
- Take your medicines every day as recommended by your doctor
- Eat a healthy well balanced diet
- Be active every day

Speak to the Moorditj Djena dietitian or your GP for more information

Reference by:

National Heart Foundation of Australia and the Cardiac Society of Australia and New Zealand. Reducing Risk in heart disease: an expert guide to clinical practice for secondary prevention of coronary heart disease. Melbourne: National Heart Foundation of Australia, 2012.

National Vascular Disease Prevention Alliance. Guidelines for the management of absolute cardiovascular disease risk. 2012. RACGP General Practice Management of Type 2 Diabetes 2016 - 2018