



# Michigan Heart

Saint Joseph Mercy Health System

## LIPID MANAGEMENT PROGRAM

Our goal is to help you reduce your risk for cardiovascular disease. We do this by evaluating your cardiovascular risk factors and working with you to reduce them. In addition to cholesterol, we evaluate blood pressure and other lifestyle risks such as cigarette smoking, exercise, stress and nutrition. We then create a treatment plan that is tailored to meet your needs. Our team of experts includes cardiologists as well as a nurse practitioner and a nutritionist who are especially skilled in the diagnosis and treatment of lipid disorders.

### What are lipids and why should I be concerned about them?

The word lipids means fats in your blood. Why are lipids important? There is a direct link between the amounts of these fats in your blood and your risks for developing or aggravating cardiovascular disease. Studies have shown that lowering lipid levels will help prevent cardiac death and heart attack. This is especially important since cardiovascular disease remains the number one killer of men and women in the United States today.

Lipids are measured with a blood test called a lipid profile. There are several different types of lipids in your blood.

- Cholesterol
- Triglycerides
- HDL (“good” or “healthy” cholesterol)
- LDL (“bad” or “lousy” cholesterol)

Each type of fat plays an important role in either causing or reducing cardiovascular disease risk. You will learn about these different types of lipids when you visit the office.

### How does our program work?

Your first clinic visit will include:

- A complete review of your cardiovascular risk factors
- A review and discussion of your lipid profile and what it means
- A complete nutrition and exercise assessment

Based on the results of your assessment, we will work with you to provide an individualized plan to improve your risk factors. We will include nutritional recommendations for managing your lipids and heart healthy eating, as well as exercise recommendations. If needed, medication to control your lipids will be prescribed and carefully monitored. We will also provide guidance for controlling other risk factors you may have. You will have your blood lipid levels checked regularly until you are at goal. We will continue to monitor your cholesterol levels at regular intervals. We will share our evaluation and progress reports with your primary care physician.

### What about follow-up?

A real advantage of the Lipid Check is that it usually requires only one in-office visit. Much of our contact with you after your evaluation and initial recommendations will be carried out by telephone or mail. We provide ongoing one-on-one counseling based on your lipid results and your reports on the progress you are making toward your goals. Additional clinic visits may be scheduled if you should need or want extra assistance in an area of lifestyle change, such as nutrition and exercise. Of course, we are always readily available by telephone to answer questions or provide support.

### What are the fees?

Your initial visit is considered a preventive office visit.

Check with your insurance carrier if you are uncertain about your coverage.

