



healthcare for the whole family

High Cholesterol

Q: Is cholesterol the only predictor of heart disease risk?

A: No. There are many other laboratory tests used to predict the likelihood of cardiovascular disease development. Interestingly, approximately 1/3 of people admitted to the hospital with a heart attack had both near normal cholesterol levels and blood pressure at their last checkup. This observation, points to other potential causes of heart disease that may be as, or more, important than cholesterol levels for heart disease prediction. Other laboratory tests crucial to predicting overall risk include homocysteine levels, C-reactive protein, lipoprotein(A), apolipoprotein (A/B), triglyceride levels, blood sugar, oxidative stress and possibly sex hormone levels. There are blood tests available that can look for these other risk factors.

Q: Are there natural alternatives to medications to reduce my cholesterol levels?

Yes there are many alternatives to medications for those with mild to moderate cholesterol elevation. While there may be many treatment options available one cannot overstate the importance of exercise, stress management and a healthy diet. Although, there are some individuals with genetically high cholesterol, there are also medical conditions (diabetes, hypothyroid, etc.) that can raise cholesterol levels. These conditions which are often at the root of the problem need to be explored before one can reduce cholesterol levels. At A New Leaf, we can help you determine why your cholesterol is high and together we can discover a range of treatment options.