

Health Tips

Your Good Health Information From eDocAmerica

with

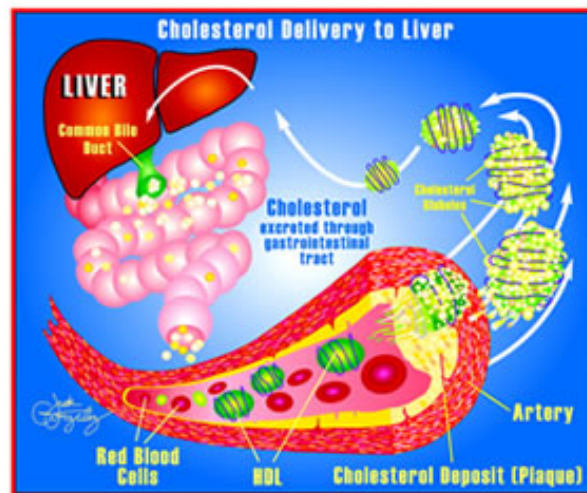
Dr. D


 Printer Friendly

Health Tip: Boosting HDL (good) Cholesterol levels

We hear a lot about lowering total and LDL-C (bad) cholesterol, but less about raising the HDL-C (good) cholesterol. Having a higher than average HDL-C does not negate the adverse effects of an elevated LDL-C, but in terms of heart disease risk, the higher the HDL-C, the better. HDL cholesterol provides benefit by removing excess cholesterol, a process known as "reverse cholesterol transport". HDL-C transports "bad" cholesterol to the liver where it is removed

from the blood stream and thus kept from being deposited into the walls of the coronary arteries.



The National Cholesterol Education Program defines a low (unhealthy) HDL-C level as being below 40 mg/dL. In women, however, the HDL-C is considered to be low when it is below 50 mg/dL. Even in people with normal Total and LDL cholesterol levels, having a HDL-C below these levels above results in an increased

risk of coronary artery disease.

Raising HDL-C levels can be more difficult to achieve than lowering LDL-C, perhaps due to the major contribution offered by difficult-to-achieve lifestyle changes. Here are ways you can improve your HDL-C level:

Get aerobic exercise. Getting regular aerobic exercise (jogging, swimming, biking, etc.) is one of the most important factors in raising HDL cholesterol levels. Information from the Cooper Aerobics Centers indicates that in healthy, sedentary people, 30 minutes of aerobic exercise 3 to 5 days a week can raise the HDL-C level by 3 to 9 percent.

Lose weight. Not only does being overweight result in an increased LDL-C, but it can also be responsible for a reduced HDL-C. Up to a point, every 1 kilogram (2.2 pounds) of weight loss will result in an increase in HDL-C by an average of 0.35 mg/dl. Thus, a 22 pound weight loss in an overweight individual could raise



Click Here!

to forward this
Health Tip to a friend

eDocAmerica

Services
Overview

Click
HERE...

Unsubscribe



If you wish to [unsubscribe](#) from any eDocAmerica mailings, please click on the image above.

Register Now

If you have not yet used eDocAmerica to communicate with our physicians, we urge you to give it a try. Email us about this or

any other topic or question you have!



Visit the
eDocBlog



Forget your
Password?



Login
Here

We want to
hear from you!



the HDL-C level by 3.5 mg/dl.

Stop smoking. Amazingly, if you quit smoking, your HDL-C can increase up to 15% to 20%. This exceeds the benefits discussed later from most of the medications used to raise HDL-C.

Eat right. Removing saturated fats and trans fatty acids, from the diet will not only decrease LDL-C levels but it can also raise HDL-C levels. Saturated fats come primarily from animal sources, whereas trans fatty acids are produced when unsaturated vegetable fats are subjected to the process of hydrogenation. Instead of these, it is better to use unsaturated vegetable oils (canola, peanut, olive, flax, corn, safflower and sunflower) that are heart healthy.

Drink alcohol in moderation. Moderate alcohol consumption (the equivalent of 1 1/2 oz. of alcohol per day) has been shown to significantly increase HDL-C levels. Because of the potential dangers of alcohol, however, an advisory panel of the American Medical Association has chosen to exclude alcohol consumption as a measure to reduce heart disease risk. This has created a dilemma in that despite well performed studies demonstrating that men who consume alcohol at least three to four days per week have a significantly reduced risk of myocardial infarction, it is not thought to be appropriate for physicians to recommend this measure to prevent heart disease.

Take medications (when lifestyle measures fail). Primarily because of hereditary factors, some people may not be able to raise their HDL-C level adequately through lifestyle measures. In these people drug therapy may be required if additional elevation of HDL-C is deemed necessary. Several medications are capable of raising HDL-C levels, although in general they are less successful than the ones developed to reduce LDL cholesterol. Niacin, also known as Vitamin B3, is the most potent drug currently available for raising HDL-C levels, with studies demonstrating a 20 to 35 % increase in those taking this medication. A class of cholesterol-lowering medications known as fibrates (gemfibrozil, fenofibrate) has been shown to raise HDL-C by 10 to 25%. Statins (Levacor, Zocor, Lipitor, Crestor, etc.), the most common class of medication used to lower total and LDL cholesterol, can increase HDL-C anywhere from 2 to 15%. Fish oil supplements enriched with omega-3 fatty acids have also been shown to raise HDL cholesterol levels.

HDL-C is the "good" cholesterol because of the benefits that it exerts on the cardiovascular system. Raising HDL-C can be challenging, but through careful attention to lifestyle measures, and if necessary, appropriate medications, your risk of cardiovascular disease can be reduced.

Have you ever used eDocAmerica?

To register, just [Click Here](#) and follow the simple directions. The entire process should take less than 5 minutes.

You'll be glad you did.

11719 Hinson Road, Suite 130 Little Rock, Arkansas 72212

Toll Free 1-866-525-eDoc (3362) www.eDocAmerica.com

Copyright 1999-2009 eDocAmerica. All rights reserved. Patent Pending. [\[click here to unsubscribe\]](#)