

# Understanding Biometrics - Page 2

<b>LDL</b>	Low Density Lipoproteins. "Lousy" cholesterol that deposits fat in arteries	<ul style="list-style-type: none"> <li>• <b>Less than 100 mg/dL is desirable</b></li> <li>• 100-129 is near desirable</li> <li>• 130- 159 mg/dL is borderline high</li> <li>• 160-189 mg/dL is high</li> <li>• 190 mg/dL and up is very high</li> </ul>	A high LDL is more predictive of risk for heart disease than an elevated cholesterol	A diet low in saturated and trans fat, cholesterol and sugar helps lower LDL cholesterol. Weight loss and regular exercise also help reduce LDL.
<b>Triglycerides</b>	Sugar and fat molecules that are stored as energy to be used later by the body	<ul style="list-style-type: none"> <li>• <b>Less than 150 mg/dL is normal</b></li> <li>• Over 150 mg/dL is elevated</li> </ul>	Non-fasting levels will be higher than fasting and will reflect what is in the blood at that time. Fast for 8-12 hours before having the test drawn	High triglycerides in the body make arteries sticky, which can raise the risk fat and plaque deposits and risk of heart disease
<b>Pre-diabetes</b>	Previously known as "borderline" diabetes. Blood sugar levels that are higher than normal, but not yet diagnostic of diabetes	<ul style="list-style-type: none"> <li>• <b>Less than 100 mg/dL (fasting) is normal</b></li> <li>• <b>Less than 126 mg/dL non-fasting is normal</b></li> <li>• Over 100-125 mg/dL fasting is pre-diabetes</li> <li>• Over 125 mg/dL non-fasting is diabetes</li> </ul>	Blood sugar will increase after meals by 50-100 points. It may be higher during hospitalization, use of steroids, under stress, infection or post op from surgery	A small change in weight (5-10%) can help to prevent diabetes. Exercising for 15 minutes after meals helps to reduce blood sugar after eating. Eating high fiber, unprocessed carbohydrates is advised
<b>A1C for diabetes</b>	A measure of average blood sugar over a range of 3 months	<ul style="list-style-type: none"> <li>• <b>Less than 5.6 %- normal</b></li> <li>• 5.7- 6.4%- pre-diabetes</li> <li>• Over 6.5%- diabetes</li> </ul>	A person with pre-diabetes is at higher risk for developing diabetes, heart disease and stroke.	Lifestyle changes such as 5-7% weight loss and 30 minutes of exercise 5-7 days/week may reduce your risk of developing diabetes by 58%.

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