

# Total Cholesterol Screening

**Are You at Risk?**  
**Early detection is important.**

**Cholesterol is a waxy substance that comes from two places – our body and our food.** Too much "bad" cholesterol in our diet can clog our arteries and lead to heart disease. In the United States today, heart disease is the leading cause of death for both women and men. It is important to know what your cholesterol levels are and what the numbers mean- *It can save your life!*

## **Determine your risk.**

The following are risk factors that increase your chances of developing a high cholesterol level:

- You smoke cigarettes
- Your age is 45 or older
- Poor eating habits
- A family history of heart disease
- You are overweight or obese
- Physical inactivity

## **Recognize the symptoms.**

Unfortunately, high cholesterol is difficult to detect. Unlike many diseases, high cholesterol is often silent. There are some things that you can do to detect high cholesterol. Having your cholesterol checked regularly and knowing your risks are important. Allowing your cholesterol levels to remain elevated could place you at risk for many problems.

## **Take the test.**

**A Total Cholesterol Screening** is among the most common and accurate screenings performed today. In fact, a total cholesterol screening is a great way to detect high cholesterol levels. A nurse will take a few drops of a person's blood and use it to determine their cholesterol level. In just a few minutes, a person will know their current total cholesterol level.

**Independent Nursing Care, LLC** provides participants with education on prevention of increased cholesterol levels. Recommendations for lifestyle adjustments may be made and the importance of regular visits with your doctor will be emphasized.

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*Completing your circle of care*

## Summing it up.

**Heart disease, heart attacks, stroke or sudden death can be a direct result of abnormal cholesterol levels.** High cholesterol levels may be life threatening. Regular cholesterol screening is an efficient and effective way to protect yourself against heart disease.

## Knowing your numbers.

High cholesterol is determined based on a simple numerical system (see chart below). If any of your numbers are out of normal range, your risk for heart disease is increased.

Screening	Target
Total Cholesterol	↓ 200 - Desirable 200 - 239 - Borderline ↑ 240 or above - High Risk
HDL	↑ 60 or above - Low Risk of Heart Disease 40 - 60 - Near Optimal ↓ 40 or below - High Risk of Heart Disease
LDL	↓ 100 or below - Low Risk of Heart Disease
Triglycerides	↓ 150 or below - Low Risk of Heart Disease

## Scheduling.

**Total Cholesterol Screening Clinics** are available at flexible and convenient times. Once a date is chosen, you will receive a confirmation packet containing the following details:

1. Verification of clinic dates and times
2. A complete program summary
3. Duties and responsibilities of INC
4. Responsibility of your facility

**You will receive a comprehensive breakdown summary of the screening results.  
All personal information will be kept confidential.**

**Please call Independent Nursing Care to schedule  
a Total Cholesterol Screening Clinic.**

phone: 716.655.8776 toll free: 1.888.264.5854

[www.INCnursing.com](http://www.INCnursing.com)

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NURSING CARE**

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