

# Lipid Profile Screening

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

**A Lipid Profile Screening is one of the most complete, accurate and trusted screenings performed.** A Lipid Profile Screening is used to identify lipid levels including total cholesterol, HDL cholesterol (good), LDL cholesterol (bad) and triglyceride levels (another fat found in blood).

## Determine your risk.

Abnormal lipid profile levels are strong indications of risk for heart disease including heart attack, stroke or death. The following are risk factors that increase your chances of developing abnormal lipid profile levels:

- You smoke cigarettes
- Your age is 45 or older
- You have high blood pressure
- Lack of exercise
- You are overweight or obese
- A family history of heart disease or elevated cholesterol levels
- Poor diet

## Recognize the symptoms.

Unfortunately abnormal lipid profile levels show no symptoms. Unlike many diseases, abnormal lipid profile levels may be silent. A screening test is the easiest way to identify your lipid levels. Symptoms of heart disease may include:

- High blood pressure
- Shortness of breath
- Lack of energy
- Swelling of extremities
- Chest pain
- Irregular heart beat

## Take the test.

A Lipid Profile Screening is a *simple and accurate* way to determine your risk of developing heart disease, stroke or sudden death. A professional Nurse will take a few drops of blood from the fingertip and place it into the blood analyzer. In just a few minutes, a person will know their lipid levels, including Total Cholesterol, HDL Cholesterol, LDL Cholesterol and Triglycerides, and the significance of these numbers.

**Independent Nursing Care, LLC** provides participants with education on prevention and management of lipid profile numbers. This includes high quality literature and one-on-one health counseling. 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 attack, stroke or sudden death can be a direct result of abnormal lipid profile levels.** High levels of LDL or bad cholesterol, high levels of Triglycerides or low levels of HDL or good cholesterol are all considered abnormal and may be life threatening.

*Regular lipid profile screenings are the most efficient and effective way to protect against heart disease.*

## Knowing your numbers.

Lipid profile levels are determined based on a simple numerical system.

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.

**Lipid Profile 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 Lipid Profile Screening Clinic.**

phone: 716.655.8776 toll free: 1.888.264.5854

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

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