# **Cholesterol Guidelines**

	Low Heart Disease Risk	Borderline Heart Disease Risk	High Heart Disease Risk
Total Cholesterol	Less than 200	200 - 239	240 and higher
LDL Cholesterol (the "bad" cholesterol)	Less than 130	130 - 159	160 and higher
HDL Cholesterol (the "good" cholesterol)	60 and higher	50 - 59	Less than 50
Trigiycerides	Less than 150	150 - 199	200 and higher
Measurements in mg/dL			

# **National Cholesterol Guidelines 23**

**World Health Organization** 

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DRUGS is an important and potentially controversial book from top nutritionist Patrick Holford and leading health journalist Jerome Burne Brilliantly researched and based on solid scientific trials and illuminating case histories Food is Better Medicine than Drugs will revolutionise the way you think about your health and put you back in charge The authors reveal how modern medicine has become distorted and is now for reasons largely to do with profit and power heavily dependent on prescription drugs They look at common health problems pain arthritis heart depression diabetes memory hormones digestion breathing infections etc and compare the effectiveness of nutrition based approaches with today s potentially harmful commonly used medicines ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription David P. Swain, ACSM, Clinton A. Brawner, 2012-12-26 ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM's Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription ACSM's Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training **Clinical Chemistry:** Principles, Techniques, and Correlations, Enhanced Edition Michael L. Bishop, 2020-06-11 Clinical Chemistry Principles Techniques and Correlations Enhanced Eighth Edition demonstrates the how what why and when of clinical testing and testing correlations to help you develop the interpretive and analytic skills you ll need in your future career Cardiovascular Diseases Y. Robert Li, 2015-02-25 Written in an accessible style and consistent format the book covers both the fundamentals and advances in the pharmacology of cardiovascular drugs as well as their integrated applications in the management of individual cardiovascular diseases Integrates fundamentals and recent advances regarding cardiovascular drugs blending basic and clinical sciences needed to effectively understand and treat cardiovascular diseases Facilitates understanding of drug action and mechanism by covering physiology pathophysiology and pharmacology Includes guidelines and algorithms for pharmacotherapeutic management of cardiovascular diseases Uses case presentations and study questions to enhance understanding of the material Serves as a resource for pharmaceutical and medical students and researchers interested in cardiovascular issues Current Clinical Medicine E-Book Cleveland Clinic, 2010-08-13 Current Clinical Medicine's 2nd edition by the world famous Cleveland Clinic is an Internal Medicine reference that gives you authoritative and actionable information wherever you are whenever you need it More than 40 updated chapters 13 new chapters and 30% new illustrations ensure that you ll have access to the most up to date quidance In addition to its user friendly easy access format and consistent reliable coverage this Expert Consult title includes a website with the complete

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Cardiovascular Therapeutics Thomas Woodward Smith,1996 This practical clinical reference guides readers on the care of patients with cardiovascular disease It includes cross references to Braunwald's Heart Disease and is organized by disease process in order to provide an evidence based approach to optimal management of clinical problems The full range of patient care is covered from preventative measures to management of advanced and complex disease states and use is made of algorithms to guide therapy Topics covered include gene therapy cardiovascular disease in pregnancy congenital disease heart failure arrhythimias and hypertension *Manual of Medical Therapeutics* Gregory A. Ewald, Clark R. McKenzie, Washington University (Saint Louis, Mo.). Department of Medicine, 1995 <u>Bulletin of the World Health Organization</u> World Health Organization, 2011

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