

NEPHROLOGY ASSOCIATES OF MICHIGAN

MANAGING YOUR CHOLESTEROL LEVELS

Controlling your cholesterol levels are an important part of preventative health care that can lead to a healthier and longer life span. Too much cholesterol in your blood causes narrowing of your arteries. This leads to blockage that prevents your blood and oxygen from reaching your internal organs such as your heart, kidneys, eyes and brain.

- **Reduced blood flow to your kidneys cause a slow progressive damage to your kidneys**
- Reduced blood flow to the brain can cause a stroke
- Reduced blood flow to your heart can cause a heart attack.

People with chronic kidney disease should have their cholesterol levels checked at least once a year. A complete cholesterol panel includes the following tests:

LDL	HDL	Total Cholesterol	Triglycerides
Optimal < 100mg/dL	≥ 60mg/dL Females	Desirable < 200 mg/dL	Normal < 150mg/dL
	≥ 55mg/dL Males		

To help you reach your cholesterol goals, reducing your risk for kidney disease, heart attacks and stroke your doctor may make the following recommendations:

1. Begin a regular exercise program. This will increase your good cholesterol or HDL. Current exercise recommendations are 30 minutes every day as tolerated.
2. Eat a low fat diet. Less than 30% of your daily calories should be from fat.
3. Take one or more medications to reduce and control your cholesterol levels. Medications that may be ordered for you include Simvastatin, Crestor, Pravachol, Lovastatin, Wellchol, Tricor or Lopid.

Here are a few tips to help you with your diet:

- Choose lean meats, poultry and fish. Eat white meats instead of dark. For example chicken breast, not the drums stick.
- Trim the fat and remove the skin from poultry before cooking
- Increase fresh fruits and vegetables in your diet.
- Steam, boil, bake or micro-wave your food, avoid fried foods.
- Use jam, syrup or honey on your toast instead of butter or margarine
- Use fat free versions of high fat foods like sour cream, butter, mayonnaise.
- Enjoy sherbet, ice milk or popsicles instead of ice cream Use non-stick pans and vegetable sprays instead of shortening.
- Flavor your food with herbs and spices instead of high fat sauces.
- If you must use oil, use canola or olive oils instead of shortening, butter, palm oil, coconut oil, bacon fat or cocoa butter.

For additional information contact the National Kidney Foundation.

Based on the: "Cholesterol and Chronic Kidney Disease" by the National Kidney Foundation