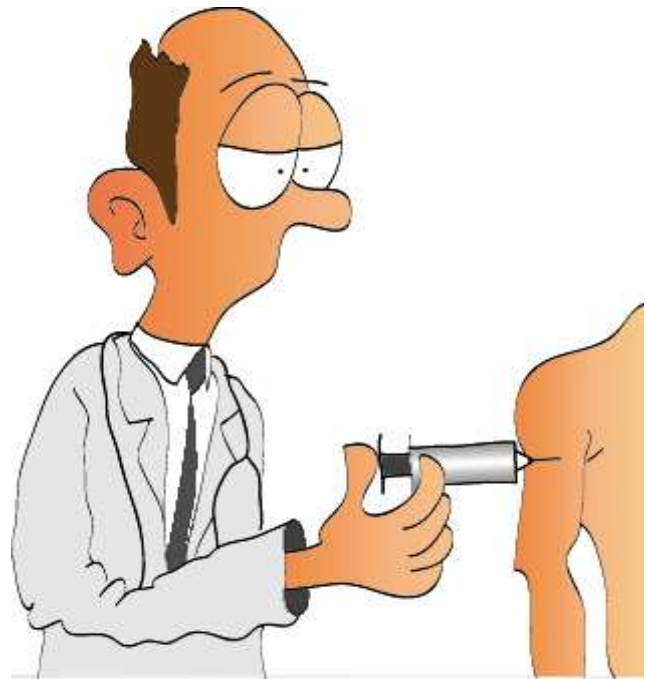


DON'T FORGET YOUR LIPIDS!

- Blood glucose levels are not the only factor that should be monitored by people with diabetes. **Don't forget your lipids!**

What are lipids?

- "Lipids" is another name for "fats in the blood". It is important to know your blood lipid levels if you have diabetes or impaired glucose tolerance (IGT). High levels of some lipids can increase risk of heart disease and circulation problems.
- The most well known lipid is cholesterol. Cholesterol is a thick, fatty substance that is produced by our liver. Our liver produces cholesterol from saturated fats in our diet, that is, fats that become solid at room temperature. Saturated fats generally come from animal sources, such as butter, cream and fatty meats, but also from two vegetable oils, palm and coconut.
- A simple cholesterol test gives the total amount of cholesterol in the blood. **Aim for total cholesterol levels of less than 4.0 mmol/L.**
- A total cholesterol test is a useful way of knowing whether you are at risk of heart disease or not, but does not give the complete picture. There are two different types of cholesterol, as well as another lipid called triglycerides, and it is only by knowing the level of all of these that a true indication of someone's risk of heart disease can be seen.



Don't Forget Your Lipids

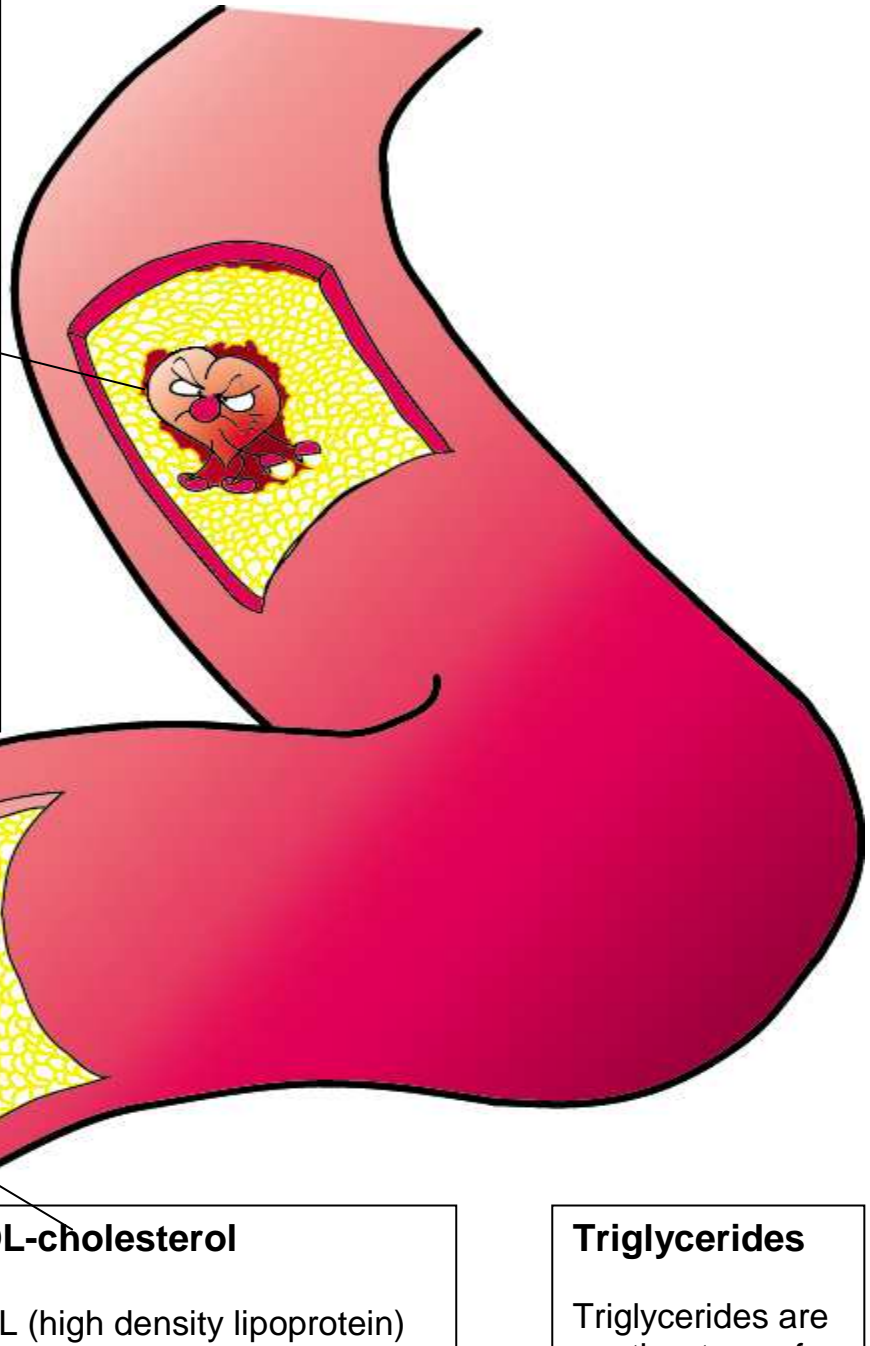
The different types of lipids are:

LDL-cholesterol

LDL (low density lipoprotein) is also known as the "bad" cholesterol because it tends to build up, block and narrow the artery walls. This reduces the circulation to important parts of the body, such as:

- the heart, leading to heart disease.
- the brain, leading to stroke.
- the feet and legs, leading to circulation problems.

Aim for levels of less than 2.5 mmol/L.



HDL-cholesterol

HDL (high density lipoprotein) is also known as the "good" cholesterol as it tends to clear away cholesterol build up from the artery walls and protects against heart and blood vessel disease.

Aim for levels of 1.0 mmol/L or more.

Triglycerides

Triglycerides are another type of fat that can increase the risk of heart disease.

Aim for levels of less than 2.0 mmol/L.




Why should blood lipids be checked?

- People with diabetes and impaired glucose tolerance (IGT) are at a greater risk of hyperlipidemia (high blood lipid levels) than the general population, putting them at a high risk of heart disease and circulation problems.
- Checking blood lipid levels regularly is a great way of monitoring overall risk of heart disease. See your doctor about having your lipids checked.

What should I do if my blood lipids are too high?

- Try and control body weight by reducing total fat intake and increasing physical activity.
- Physical activity has the added bonus of keeping HDL-cholesterol levels high.
- Eat less saturated fat, because saturated fat is well known to raise LDL-cholesterol and triglyceride levels.
- Eating more soluble fibre (eg oats, barley, legumes, some fruits and vegetables) and soy products can help lower cholesterol levels.
- If high blood lipid levels persist your doctor may prescribe medication, which aims to lower cholesterol levels. Remember, even if you are on medication to help lower your cholesterol level, it is still important to continue with healthy eating and physical activity.



-  **Lipids are another name for fats in the blood, and includes cholesterol (LDL- and HDL- cholesterol) and triglycerides.**
-  **People with diabetes and impaired glucose tolerance (IGT) are at a high risk of having too much LDL-cholesterol and triglycerides in the blood, as well as too little HDL-cholesterol, putting them at a high risk of developing heart disease and circulation problems.**
-  **High levels of LDL-cholesterol and triglycerides are usually treated with a combination of healthy eating and increased physical activity. If high levels persist, your doctor may prescribe medication.**