



## Department of Veterans Affairs

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You recently had your cholesterol checked at the VA.

You were found to have abnormal cholesterol levels.

Your LDL, or "bad cholesterol" is:

05/31/2018 LDL CHOL(Calculated 68.00 - 131 PLASMA

Having high cholesterol can significantly increase your risk for coronary heart disease. People with coronary heart disease develop thickened or hardened arteries in the heart muscle. This can increase your risk a heart attack, heart failure, or stroke. Because of these risks, treatment is often recommended for people with high cholesterol.

You will need to speak with me about whether you should receive treatment for your high cholesterol. Please call medical practice to schedule an appointment (415) 750-2129.

I recommend that you eat a heart healthy diet that is high in fruits and vegetables and low in saturated fat. For more information you can contact the clinic dietician, Gary Yee at (415) 221-4810 ext 4262. For more information on how cholesterol affects your health, you can visit the following website: [www.nhlbi.nih.gov/chd](http://www.nhlbi.nih.gov/chd)

Sincerely,