



METROPOLITAN CARDIOLOGY CONSULTANTS

LIPID CLINIC

The Heart Center
4040 Coon Rapids Blvd. • Suite 120 • Minneapolis, MN 55433

Unity Professional Building
500 Osborne Road • Suite 120 • Fridley, MN 55432

NAME _____

PERSONAL LIPID GOALS

- LDL less than _____
- Triglycerides (TRG) less than _____
- HDL greater than _____
- Total cholesterol (TC) less than _____

DEFINITIONS

- **LDL:** Known as the “lousy” or “bad” cholesterol. Contributes to the build-up of fat deposits in your arteries (atherosclerosis) which can cause blockages and heart attacks.
- **Triglycerides (TRG):** A type of fat used by your body as a source of energy. Blood levels too high can contribute to coronary artery disease.
- **HDL:** The “healthy” or “good” cholesterol. Removes excess cholesterol from your arteries and moves it to your liver where it can be eliminated from your body.
- **Total Cholesterol (TC):** Measure of all cholesterol in the blood. Includes LDL, HDL and various other cholesterol components.
- **ALT:** Blood test that checks liver function.

**PLEASE CALL US AT 763-427-9980
SHOULD YOU EXPERIENCE UNEXPLAINED
MUSCLE ACHES/PAIN OR WEAKNESS.**

DATE	LDL	HDL	TRG	TC	ALT
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Current Treatment:

Plan:	Recheck:
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DATE	LDL	HDL	TRG	TC	ALT
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