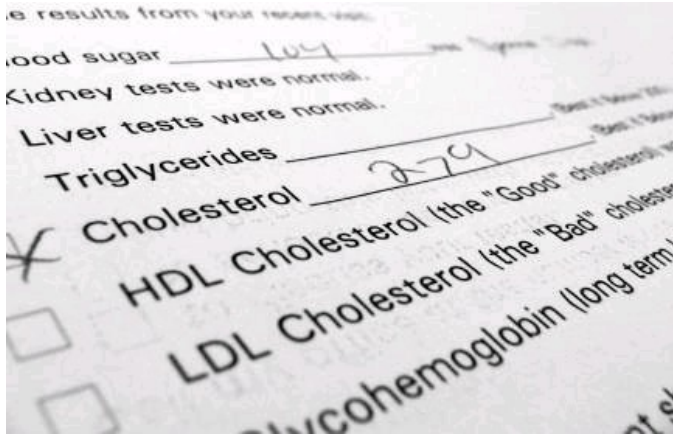


How to Reduce Lipoproteins

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If your doctor has told you to take steps to reduce your cholesterol, he's really referring to the low-density lipoproteins (LDL), or "bad" cholesterol. The total cholesterol results from a blood lipid profile refer to both the LDL levels and the high-density lipoproteins (HDL), or "good" cholesterol, and the ratio between the two. To effectively fight heart disease, you'll need to raise your HDL and lower your LDL levels.

Difficulty: Moderate

Instructions

things you'll need:

- Blood lipid profile test results---baseline and follow-up Foods low in saturated fat and cholesterol Cholesterol-lowering drugs (optional)

Steps for Reducing Bad Lipoproteins

- 1 Have a certified clinical laboratory draw and analyze your blood. Your physician can help you interpret the results. They will be your baseline reference before you take steps to reduce your LDL.
- 2 Enlist the help of a registered dietitian or other food expert to design a series of low-fat, low-cholesterol meals. Look for easy ways to replace high-calorie, high-fat [foods](#) with those that are designed to lower your LDL. For instance, you can replace ice cream, cookies and cakes with fruits, sorbet and low-fat crackers. Replace high-fat meats with salmon and other sources of Omega-3 fatty acids that have been proven to lower LDL levels in the blood.
- 3 Begin [exercising](#) if you lead a sedentary lifestyle. Regular aerobic [exercise](#) will help to lower LDL and raise HDL. Good choices include running, walking, hiking, swimming and bicycling. Try to exercise at least 20 minutes a day, six to seven days a week.
- 4 If necessary, your doctor can prescribe cholesterol-lowering medications for you. One of the most common types of medication prescribed is called "statin" drugs, which are available as Crestor, Vytorin, Lipitor, Zocor, Mevacor and Pravachol. If you take statin drugs, have your blood drawn and analyzed at regular intervals to insure that the medications are not causing liver damage.
- 5 Have a certified clinical laboratory draw and analyze your blood again, after you have incorporated these lifestyle changes into your daily routine. Your physician will recommend when to have this follow-up blood test. Compare the results with your baseline test to see your progress in reducing your LDL levels.

Tips & Warnings

- Work with your physician and dietitian to find small ways to make big changes. Take gradual steps for long term results.
- Avoid radical diets and untested drugs on the market. Be prepared to make some lifestyle changes.