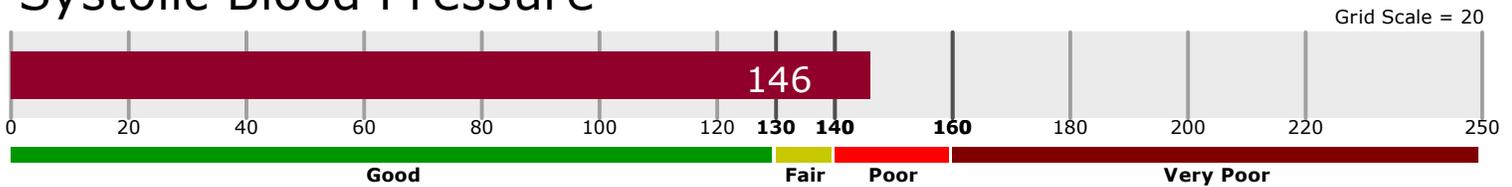


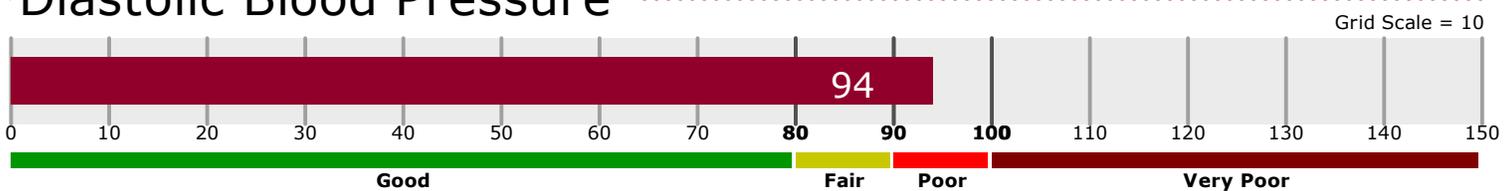
Systolic Blood Pressure



Blood pressure is the force in the arteries when the heart beats (systolic pressure) and when the heart is at rest (diastolic pressure). [More info...](#)

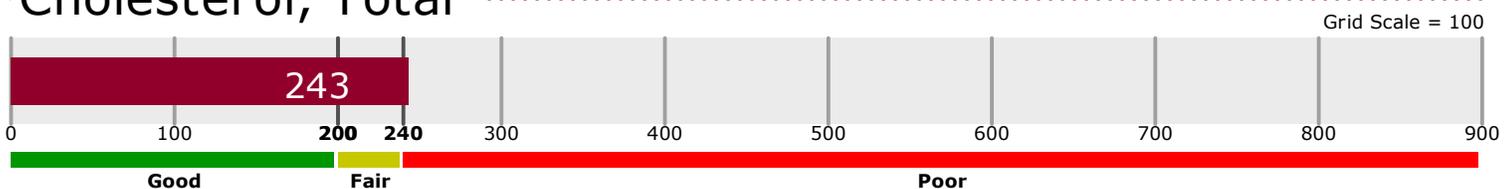
Your blood pressure is elevated and is a serious risk factor for cardiovascular disease and needs to be followed up by your physician. High blood pressure is a recognized significant risk factor for cardiovascular disease. It is a risk factor independent of all other risk factors and the higher your blood pressure the higher your chance for heart attack, heart failure, stroke or kidney disease. Fortunately it has been well documented over the last twenty years that with significant reduction in blood pressure by change in lifestyle, weight loss, exercise and control of salt intake, dramatically improved the risk of cardiovascular disease.

Diastolic Blood Pressure



Your blood pressure is elevated and is a serious risk factor for cardiovascular disease and needs to be followed up by your physician. High blood pressure is a recognized significant risk factor for cardiovascular disease. It is a risk factor independent of all other risk factors and the higher your blood pressure the higher your chance for heart attack, heart failure, stroke or kidney disease. Fortunately it has been well documented over the last twenty years that with significant reduction in blood pressure by change in lifestyle, weight loss, exercise and control of salt intake, dramatically improved the risk of cardiovascular disease.

Cholesterol, Total



Cholesterol is a waxy substance made by the liver and also supplied in the diet through animal products such as meats, poultry, fish and dairy products. Cholesterol is needed (in the body) to insulate nerves, make cell membranes and produce certain hormones. However, the body makes enough cholesterol, so any dietary cholesterol isn't needed. If any of your cholesterol levels (Total, HDL or LDL) are out of range, the preferred treatment is to adopt a lifestyle involving regular exercise and a diet low in cholesterol, saturated fat and trans fats. If lifestyle modifications do not work your physician may look into drug therapies. [More info...](#)

Your total cholesterol is in the high range. This needs to be discussed with your physician to determine the best treatment option.