

AMERICA'S LEADING HEALTH MAGAZINE

# PREVENTION®

## 101+ WEIGHT LOSS TIPS

Including the *Fat Fighter's Bible*

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ARTERIES!  
Foods, Diets, Drugs  
& More!

■ Get Rid of  
Gallstones



VOL. 41, NO. 5/\$1.75

### HEALTH FRONT

#### TOO LITTLE CHOLESTEROL?

*Not having enough  
'good' cholesterol is  
risky business*

**Y**ou may already know that keeping your total blood cholesterol below 200 milligrams/deciliter reduces your risk of heart disease. But now evidence suggests that low amounts of HDL—the “good” cholesterol—may also be a risk factor for heart disease, *even if your total cholesterol is fine*. The combination of insufficient HDL but acceptable total cholesterol was recently linked to a greater-than-expected incidence of heart attack in a study of 2,425 men and women over age 50 by researchers in the famous Framingham Heart Study (*Arteriosclerosis*, volume 8, 1988).

“We’ve identified a new subgroup of people at risk for heart

disease who would be missed by the current cholesterol guidelines [which do not address high-density lipoproteins],” says Michael Miller, M.D., from Johns Hopkins University. Dr. Miller presented another study with similar HDL findings at a recent American Heart Association conference.

Robert D. Abbott, Ph.D., a co-author of the Framingham study, believes that everyone over age 50 should have HDL screenings, since low levels of HDL seem to be especially risky for

this age-group. Some scientists say that *everyone* should know his or her HDL level. (HDL can be tested when blood is drawn for a total-cholesterol screening.)

Researchers think that a desirable HDL level for men may be over 45; for women, over 50. Another low-risk indicator, researchers say, is a ratio of total cholesterol to HDL of 4.5-to-1 or lower.

To raise HDL levels, you can lose weight (if you’re obese), quit smoking and exercise.

#### Medical-Care News