

### **Follow up answers from health seminar**

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#### **1. What should my heart rate goal be during exercise?**

Your heart rate should increase by 65-75% of your MPHR (Maximum Predicted Heart Rate). MPHR is calculated by subtracting your age from 220. So if you are 50, your MPHR is 170 and your exercise heart-rate goal should be between 110 and 128.

#### **2. Please tell me more about Lipoprotein (a)**

Lipoprotein (a) (often referred to as “Lipoprotein little a”) is a specific type of fat in the blood. High levels confer a high incidence of heart disease and some heart valve diseases. Asian Indians are particularly prone to high levels. Common medications used to lower cholesterol (such as statins—Lipitor etc.) do not reduce Lipoprotein (a) levels. Newer medications are being researched right now that are targeting this type of cholesterol

The reason we recommend getting Lipoprotein (a) levels is that, if elevated over a 100, you should follow the MOST aggressive prevention measures to reduce your heart disease risk such as keeping your LDL levels consistently as low as possible (below 70) and follow the most aggressive diet and exercise. Also you should maintain the HIGHEST level of vigilance for subtle symptoms of heart disease.

#### **3. What should my goal LDL cholesterol be?**

Personally, we recommend all Asian Indians to keep their LDL cholesterol less than 70 and not delay starting statin therapy to accomplish this goal. We believe that the extraordinarily high risk of early and severe heart disease in Asian Indians calls for aggressive preventive measures. If you are reluctant to start medications, you can follow the algorithm that we have attached to this document

#### **4. Should I get a Coronary Calcium Score (CAC)?**

If your calculated risk score indicates HIGH risk for heart disease, there is no reason to obtain a CAC (since you need to be on the highest level of prevention anyway). If your risk score is

intermediate or low, you should get tested for CAC (logic: the risk score calculation probably UNDER estimates risk in Asian Indians)

### **5. How should I interpret my CAC score?**

In simple terms a ZERO CAC score *may be* the only situation you may be OK without using a statin to lower the LDL.

**American College of Cardiology ASCVD Risk Estimator\***

<https://tools.acc.org/ascvd-risk-estimator-plus/#!/calculate/estimate/>

***\*May underestimate risk in Asian Indians***