

RISK ASSESSMENT FOR CARDIOVASCULAR INFLAMMATION

- A waistline over 40 inches in men and 35 inches in women
- Blood pressure readings of 130/80 or higher
- A fasting glucose level over 100 mg/dL
- A fasting triglyceride level over 150 mg/dL
- Fasting insulin greater than 6
- A HDL cholesterol level under 40 mg/dL in men and 50 mg/dL in women
- Skin tags
- Patches of dark, velvety skin called [acanthosis nigricans](#)

Is there evidence that higher levels of LDL cholesterol is protective against infections in humans. In fact there are many studies proving that higher levels of LDL cholesterol are protective as we age. This is more likely due to the positive impact on the immune system.

The answer is that LDL itself is not harmful, but in certain situations can be involved in the process of responding to injury and inflammation. This of course makes LDL look like more of a firefighter than simply a criminal causing atherosclerosis.

In people who are insulin sensitive, rising LDL levels do not correlate with increased rates of heart disease. On the other hand in those who are insulin resistant, the higher the LDL the greater opportunity for plaque formation. Remember it is not all about elevated levels of LDL but the more important villain of insulin resistance.

What will make our head spin is the fact that higher levels of LDL in the blood do not consistently correlate with the progression of atherosclerosis in the **absence of insulin resistance**.

Male:

Female:

Waist:

Blood pressure

Fasting Glucose

Fasting Insulin

Fasting Triglyceride

HDL:

Skin tags:

Patches of dark velvety skin: