

Re: Lp (a)

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2004-07/0629.html>

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Marcie,

Besides Lp(a) your numbers are excellent. What I'd suggest is 1) take the NIH risk calc. <http://hin.nhlbi.nih.gov/atp/iii/calculator.asp?usertype=pub>
2) try some dietary/exercise changes – take another quiz from Harvard that gives dietary/exercise advice
<http://www.yourdiseaserisk.harvard.edu/hccpquiz.pl?func=start&quiz=heart>
3) tell your doc your trying to modify your diet to see if it makes a difference. 4) or ask your doc, given your low calc risk, why take the drugs? Exception: if you have other risk factors – obesity, smoking, diabetes, family history, high blood pressure, etc.

marciesummers@myway.com (Marcie Summers) wrote in message news:<63841fb9.0407140745.52f525e7@posting.google.com>...

> *Hello! I'm new to this group! I had a VAP test and my Lp(a) is 13.*
> *It should be 10 or below. My doctor wants me on Zocor and Niaspan. I*
> *have been taking lipitor (10mg/day) but he wants me on zocor to raise*
> *my HDL. My counts are as follows: Total cholesterol 178, LDL 112,*
> *HDL 54, Triglycerides 114, Homocystein 15.2 and C Reactive Protein*
> *1.2. I am terrified of combining the Niaspan and Zocor because of*
> *potential liver problems, and I'm also afraid of the flush of the*
> *Niaspan. Do my blood levels seem to warrant this kind of*
> *pharmaceutical arsenal? Any comments would be appreciated. Thank!*