

HDL deficiency

A low HDL is an independent risk factor for ASHD. The HDL can be increased by increasing Omega-3 fat ingestion. Food that are high in Omega-3 fats are- flax seed (oil), canola seed (oil), soy oil, walnuts and almonds The oily fishes such as tuna, trout, salmon, sardines, mackerel, pollock and boston bluefish also contain high Omega-3 fat levels. Natural suppliments such as salmon oil with 1000mg docosahexaenoic acid (DHA) and eicosahexaenoic acid (EPA) can also be used. Failing conservative measures, medication can be used in decreasing order of effectiveness- niacin, fenofibrates and statins. Medications are to be used with failed conservative management. With each 1% increase in HDL, there is a reciprocal 3% decrease in ACS events. This is compared to a 1% decrease in ACS events with each 1% reduction in LDL.