

NEARLY 800,000 AMERICANS DIE EACH YEAR FROM HEART DISEASE AND STROKE. MOST OF THE MAJOR RISK FACTORS CAN BE MANAGED OR PREVENTED

RISK FACTORS AND SOLUTIONS FOR MANAGING THEM



High blood pressure – Make control your goal.



High cholesterol – Work with your doctor on a treatment plan to manage your cholesterol.



Diabetes – Work with your doctor on a treatment plan to manage your



Tobacco use – If you don't smoke, don't start. If you do smoke get help to quit.



Unhealthy diet – Eat a healthy diet, low in sodium and trans fats and high in fresh fruits and vegetables.

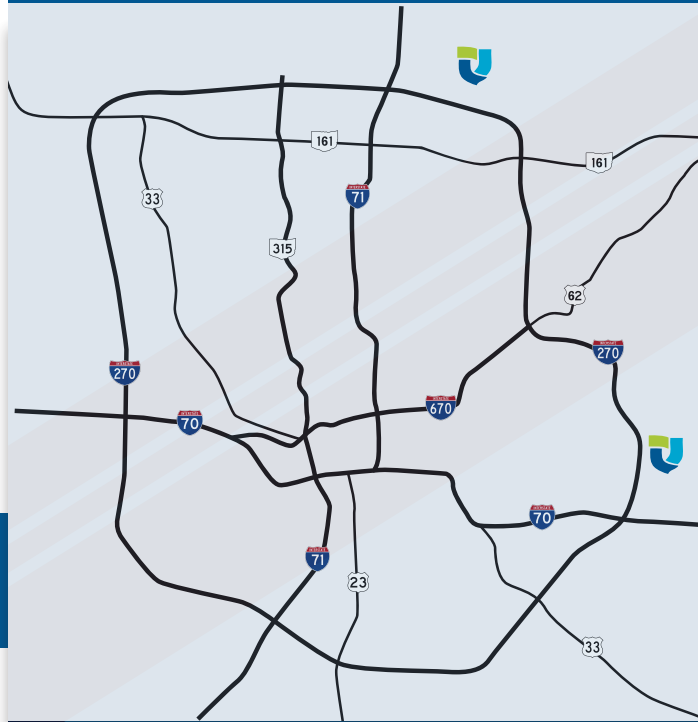


Physical inactivity – The Surgeon General recommends adults engage in moderate intensity exercise for 2 hours and 30 minutes every week.



Obesity – Work to maintain a healthy weight.

Source: www.cdc.gov/vitalsigns/heartdisease-stroke/infographic-text.html



Endocrinology Specialists

193 W. Schrock Road
Westerville, OH 43081

6096 East Main Street, Suite 112
Columbus, OH 43231

(614) 392-5160

www.copcp.com



**CENTRAL OHIO
PRIMARY CARE**

CLINICAL LIPID SPECIALIST

John E. Paes, DO, FACOI

Clinical Lipidology

Endocrinology, Diabetes, and Metabolism

Endocrinology Specialists

193 W. Schrock Rd.
Westerville, OH 43081

6096 E. Main St., Ste. 112
Columbus, OH 43231

(614) 392-5160

Frequently Asked Questions

What is a Clinical Lipid Specialist?

A clinical lipid specialist is a physician who specializes in the practice of lipidology. Lipidology is a multidisciplinary branch of medicine that focus on lipids and lipoprotein metabolism and their associated disorders. The goal of a lipid specialist is to enhance the practice of lipid management, reduce morbidity and mortality associated with atherosclerotic disease. Learn more about lipids by visiting www.learnyourlipids.com.



What can be expected from a consultation?

Consultations will cover the diagnosis, treatment, and systematic therapeutic lifestyle changes needed for complex lipid disorders including:

- » Review of lipid diagnosis
- » Review of heart and vascular risk factors
- » Calculation of future cardiovascular event such as heart attack
- » Review of appropriate therapies to lower risk of cardiovascular disease
- » Consideration of appropriate alternative lipid testing and vascular testing approaches
- » Review appropriate lifestyle approaches for vascular health

Expertise in High Risk Lipid Conditions

- » Familial hypercholesterolemia
- » Secondary prevention after heart attack, stroke or other vascular event
- » Lipid disorders with pervasive and/or premature family history
- » Severe hypertriglyceridemia
- » Diabetic dyslipidemia and insulin resistance syndrome
- » Low HDL syndromes (HDL < 20)
- » Lipoprotein particle disorders
- » Dyslipidemias of pregnancy, HIV/AIDS, solid organ transplant, or inflammatory disease
- » Primary prevention considerations with risk assessment
- » Lipodystrophy
- » Lipidoses
- » Bile acid and cholesterol metabolism

Lipid Services Provided

- » Advanced risk assessment
- » Advanced lipoprotein particle testing
- » Lipoprotein (a)
- » Lipoprotein genetic testing
- » Coronary artery calcium scoring
- » Clinical pharmacist collaboration



John E. Paes, DO, FACOI

Diplomate

American Board of Clinical Lipidology

John E. Paes, DO, FACOI, is a board certified clinical lipid specialist focusing on lipid and vascular health disorders and prevention of disease. He is also board certified in endocrinology, diabetes, and metabolism. He graduated from Ohio University Heritage College of Osteopathic Medicine. He is a member of the National Lipid Association and the Endocrine Society.