

Labs for DCs: Hyperlipidemia ~ 2 Hrs

Learning Objective: Understand how to evaluate the blood work of patients with Hyperlipidemia and whether their case is being addressed properly from a holistic perspective.

Hour One:

-Clinical overview of Hyperlipidemia

-Causes of Hyperlipidemia: dietary factors as the primary cause and steps to ensure the underlying cause is being addressed properly.

-Signs and Symptoms to look for in patients that have not yet been diagnosed with Hyperlipidemia but have it.

Hour Two:

-Signs and symptoms of Cholesterol and Triglyceride lowering medication side effects in those who've been diagnosed as having Hyperlipidemia and aren't addressing lifestyle factors.

-Lab findings and interpretation: Lipid panel: Total Cholesterol, High Density Lipoprotein, Low Density Lipoprotein, Triglycerides, plus a brief overview of advanced lipid panels (VLDL, lipoprotein(a), apolipoprotein B, etc.) and when to order them.

-Medical vs alternative treatment options for Hyperlipidemia