

## **GLOSSARY**

### **Amputation**

A surgical operation used to remove an appending part, for example an arm, leg or other extremity.

### **Angina Pectoris**

Chest pain that occurs secondary to the inadequate delivery of oxygen to the heart muscle. Often described as a heavy or squeezing pain in the midsternal area of the chest.

### **Apolipoprotein**

The protein component of serum lipoproteins which remain after the lipids to which the proteins are bound have been removed. They play an important role in lipid transport and metabolism.

### **Atherogenic dyslipidemia**

A lipid abnormality characterized by elevated triglycerides (TG), reduced high-density lipoprotein (HDL) cholesterol, and an increase in the number of small dense low-density lipoprotein (LDL) particles.

### **Atherosclerosis**

The progressive narrowing and hardening of the arteries over time. This is known to occur to some degree with aging, but other risk factors that accelerate this process have been identified including high cholesterol, high blood pressure, smoking, diabetes and a family history of atherosclerotic disease.

### **Cardiovascular disease (CVD)**

A general term which refers to diseases of the heart and blood vessel system (arteries, capillaries, veins) within a person's entire body, for example, myocardial infarction (MI), angina or ischemia, peripheral artery disease (PAD) or stroke.

### **Coronary heart disease**

A condition in which the coronary arteries narrow from an accumulation of plaque (atherosclerosis) and causes a decrease in blood flow, leading to heart attacks or angina, for example.

### **Fibrates**

Fibrates (fenofibrate, bezafibrate, ciprofibrate and gemfibrozil) are lipid-modifying agents. Fibrates work primarily by reducing triglycerides and raising HDL-C, and by lowering elevated levels of LDL-C and decreasing the number of small dense LDL particles.

### **Glycemia**

Blood sugar (glucose) level.

### **HDL**

High-density lipoprotein acts as a carrier for cholesterol in the bloodstream. Raised HDL levels have been correlated with a lower risk for heart disease. Less than 40mg/dL in men and less than 50mg/dL in women is considered a positive risk factor for coronary artery disease. Raising HDL-C reduces the risk of heart disease.

### **Hypercholesterolemia**

Hypercholesterolemia is the presence of levels of cholesterol in the blood higher than the normal level. It can notably contribute to cardiovascular disease.

### **Hypertension**

Persistently high arterial blood pressure. Hypertension is a well-known risk factor for CVD and kidney disease.

### **LDL**

Low-density lipoprotein acts as a carrier for cholesterol in the bloodstream. High levels of LDL are considered a positive risk factor for the development of coronary artery disease. Less than 130 mg/dL is desirable, 130 to 159 mg/dL is borderline high, over 160 mg/dL is generally considered high.

### **Lipid conversion**

*LDL-C and HDL-C*

To convert from mg/dL to mmol/L divide by 38.67.

*TG*

To convert from mg/dL to mmol/L divide by 88.57.

### **Macrovascular**

Pertaining to the larger blood vessels in the body. Cardiovascular disease such as stroke, MI and angina are classified as macrovascular disease.

### **Meta-analysis**

A quantitative method of combining the results of independent studies (usually taken from the published literature) and synthesizing summaries and conclusions which may be used to evaluate therapeutic effectiveness or to plan new studies.

### **Metabolic syndrome**

A collection of health risks defined as glucose intolerance, hyperinsulinemia, hypertension, dyslipidemia and central obesity that increases the chance of developing heart disease, stroke and diabetes.

### **Microalbuminuria**

Leakage of small amounts of protein (albumin) into the urine, which can be an early warning of kidney damage before symptoms develop.

### **Microvascular**

Pertaining to the microvasculature, the portion of the vasculature of the body consisting of the smaller vessels, for example those found in the eyes, nerves and kidneys.

### **Nephropathy**

A disease or abnormality of the kidney function with many different possible causes including type 2 diabetes.

### **Neuropathy**

A general term denoting functional disturbances and/or pathological changes in the peripheral nervous system.

### **Nicotinic Acid**

Nicotinic acid is a B-vitamin which improves all lipoproteins and acts primarily by raising HDL-C.

### **Omega-3 Fatty Acids**

A class of fatty acids found in fish oils that acts to lower the levels of cholesterol and LDL-C in the blood.

### **Renal failure**

An acute or chronic condition in which the kidneys fail to function adequately, i.e. to remove waste from the blood and maintain the balance of the body water and chemicals.

### **Retinopathy**

A general term that refers to some form of non-inflammatory damage to the retina of the eye. Most commonly it is a problem with the blood supply that is the cause for this condition. Frequently, retinopathy is an ocular manifestation of a systemic disease.

### **Rheumatic heart disease**

Rheumatic Fever can lead to a condition known as rheumatic heart disease. This is usually a thickening and stenosis of one or more of the heart valves and often requires surgery, to repair or replace the involved valve(s).

### **Statins**

A class of drugs used primarily to lower LDL-C by increasing LDL-C receptors.

### **Stroke**

The damage to a group of nerve cells in the brain that is often due to interrupted blood flow, caused by a blood clot or blood vessel bursting. Depending on the area of the brain that is damaged, a stroke can cause coma, paralysis, speech problems, dementia and death.

### **Triglycerides**

Blood fats, also called triglycerides, are a type of fat found in the bloodstream and fat tissue. After you eat, unused extra calories are converted to triglycerides and stored as fat tissue for future use.

### **Type 2 diabetes**

A condition (also known as non-insulin dependent diabetes mellitus) where the body does not make sufficient insulin or cannot effectively use insulin leading to raised blood sugar levels.