Observations
SYSTEMIC HYPERTENSION GROUP

Ram Singh  45 Years/M
Service man
* Stage - 3  SHT ( JNC-V )
* Detected 5 years back
* Lisinopril 10mg OD

Risk Factors
* Male Gender
* Age  45 years
* Systemic hypertension
* Smoker
* Emotional Stress
* Hypercholesterolemia

DIET - VEGETARIAN
FAT - 40 gm/day
Cholesterol 500 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>215</td>
<td>108</td>
<td>52</td>
<td>21.6</td>
<td>141.4</td>
</tr>
<tr>
<td>1hr</td>
<td>252</td>
<td>132</td>
<td>40</td>
<td>26.4</td>
<td>184.6</td>
</tr>
<tr>
<td>3hr</td>
<td>230</td>
<td>119</td>
<td>45</td>
<td>23.6</td>
<td>161.4</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG  mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* High Fasting STC, LDL
* LDL-C / HDL-C is 2.7
* 30.5 % ↑ in LDL and 30 % ↓ in HDL at 1st hour P.P.
* LDL-C / HDL-C ratio becomes 4.6
* Type - 2 Response
* Patient is at high risk for developing CAD etc.
* Dietary fat cholesterol restriction necessary.
SYSTEMIC HYPERTENSION GROUP

R. L. Gupta  49 Years/M
Serviceman

STAGE-2 Systemic hypertension
[JNC-V]
Atenolol 50mg OD
Nifedipine 20 mg B.D.

Risk Factors for CHD.
* Male Gender
* Age - 49 years
* Smoker
* Systemic Hypertension
* Sedentary life style

DIET - NON VEGETARIAN
FAT - 60 mg/day
Cholesterol 600 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>150</td>
<td>70</td>
<td>40</td>
<td>14</td>
<td>96</td>
</tr>
<tr>
<td>1hr</td>
<td>152</td>
<td>70</td>
<td>38</td>
<td>14</td>
<td>100</td>
</tr>
<tr>
<td>3hr</td>
<td>155</td>
<td>76</td>
<td>40</td>
<td>15.2</td>
<td>99.2</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl /38.76

* Normal Fasting Lipoprotein Profile
* LDL-C / HDL-C is 2.4
* Only 4.1% ↑ in LDL-C and 5% ↓ in HDL
* Response is not of any significance
SYSTEMIC HYPERTENSION GROUP

Samim 50 Years/M
Farmer
* Stage - 2 SHT (JNC-V)
* Detected 1 years back
* Amlodipine 5 mg OD

Risk Factors
* Male Gender
* Age 50 years
* Systemic hypertension
* Smoker
* Emotional Stress

DIET - NON VEGETARIAN
FAT - 45 gm/day
Cholesterol 600 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 hr</td>
<td>152</td>
<td>99.8</td>
<td>50</td>
<td>18.16</td>
<td>83.84</td>
</tr>
<tr>
<td>1 hr</td>
<td>164</td>
<td>102.4</td>
<td>50</td>
<td>20.48</td>
<td>93.57</td>
</tr>
<tr>
<td>3 hr</td>
<td>173</td>
<td>109.8</td>
<td>32</td>
<td>21.96</td>
<td>100.96</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Normal Fasting Lipoprotein Profile
* LDL-C / HDL-C is 1.7
* 12.0 % ↑ in LDL and no change in HDL at 1st hour.
* LDL / HDL becomes 1.9
* ↑ Risk of Developing hyper cholesterolmia.
* Type - 2 Response
* Dietary fat Cholesterol restriction necessary.
SYSTEMIC HYPERTENSION GROUP

Ramwati  52 Years/F
House wife
* Stage - 3 Hypertension ( JNC-V )
* Amlodipine 5 mg 10D
* Lisinopril 5mg 10D
* Regular Treatment for 3 years.

Risk Factors
* Systemic hypertension
* Sedentary life style

DIET - VEGETARIAN
FAT - 45 gm/day
Cholesterol 600 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>171</td>
<td>108</td>
<td>45</td>
<td>21.6</td>
<td>104</td>
</tr>
<tr>
<td>1hr</td>
<td>192</td>
<td>125</td>
<td>41</td>
<td>25.0</td>
<td>126</td>
</tr>
<tr>
<td>3hr</td>
<td>180</td>
<td>112</td>
<td>45</td>
<td>22.4</td>
<td>112.6</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Normal Fasting Lipoprotein Profile
* LDL-C / HDL-C is 2.3
* 21.2 % ↑ in LDL and 8.9% ↓ in HDL at 1st hour P.P.
* LDL-C / HDL-C becomes 3.1
* ↑ Risk of Developing Atherosclerosis
* Type - 2 Response
* Dietary fat Cholesterol restriction is must.
SYSTENMIC HYPERTENSION GROUP

Surajwati 50 Years/F
House wife
* Stage - 1 SHT (JNC-V)
* Atenolol 50 mg 10D
* Chlorthiazide 12.5 10D

Risk Factors
* Sedentary life style
* Post menopausal

DIET - VEGETARIAN
FAT - 45 gm/day
Cholesterol 500 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>189</td>
<td>160</td>
<td>35</td>
<td>32</td>
<td>122</td>
</tr>
<tr>
<td>1hr</td>
<td>220</td>
<td>182</td>
<td>30</td>
<td>36</td>
<td>153</td>
</tr>
<tr>
<td>3hr</td>
<td>210</td>
<td>170</td>
<td>32</td>
<td>34</td>
<td>144</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Normal Fasting Lipoprotein Profile
* LDL-C / HDL-C is 3.5
* 25.4 % ↑ in LDL and 14.3 % ↓ in HDL at 1st hour P.P.
* LDL-C / HDL-C becomes 5.1
* ↑ Risk of Developing Atherosclerosis
* Type - 2 Response
* Dietary fat Cholesterol restriction is must.
R. K. Jain 49 Years/M
* Stage - 3 HT (JNC-V)
* Detected 5 years back
* Enalapril 5mg BD

Risk Factors
* Male Gender
* Age 49 years
* Systemic hypertension
* Smoker
* Emotional Stress

DIET - VEGETARIAN
FAT - 40 gm/day
Cholesterol 450 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>188</td>
<td>101</td>
<td>42</td>
<td>20.4</td>
<td>125.6</td>
</tr>
<tr>
<td>1hr</td>
<td>240</td>
<td>118</td>
<td>38</td>
<td>23.6</td>
<td>178.4</td>
</tr>
<tr>
<td>3hr</td>
<td>200</td>
<td>120</td>
<td>40</td>
<td>24.0</td>
<td>136</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Normal Fasting Lipoprotein Profile
* LDL-C / HDL-C ratio is 3
* 42.4% ↑ in LDL and 10.5% ↓ in HDL at 1st hour P.P.
* LDL-C / HDL-C ratio becomes 4.7
* Type - 2 Response
* Dietary fat cholesterol restriction is must.
SYSTEMIC HYPERTENSION GROUP

Ram Swaroop 50 Years/M
Service Man
* Stage - 3  SHT (JNC-V)
* Detected 10 years back
* Lisinopril 10mg OD
* Amlodipine 10mg OD

Risk Factors
* Male Gender
* Age 50 years
* Systemic hypertension
* Smoker
* Obese (BMI - 31)
* Hypercholesterolemia

DIET - VEGETARIAN
FAT - 60 gm/day
Cholesterol 500 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>240</td>
<td>128</td>
<td>45</td>
<td>25.6</td>
<td>169.4</td>
</tr>
<tr>
<td>1hr</td>
<td>262</td>
<td>132</td>
<td>40</td>
<td>26.4</td>
<td>195.6</td>
</tr>
<tr>
<td>3hr</td>
<td>233</td>
<td>110</td>
<td>38</td>
<td>22.0</td>
<td>173.0</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* High Fasting STC, LDL
* LDL-C / HDL-C is 3.75
* 15.4 % ↑ in LDL and 11.1 % ↓ in HDL at 1st hour P.P.
* LDL-C / HDL-C ratio becomes 4.9
* Type - 2 Response
* Dietary fat Cholesterol Restriction and/or drug is must.
**SYSTEMIC HYPERTENSION GROUP**

Shri Pal  52 Years/M
Farmer.
Stage - 1 SHT (JNC-V)
Detected 4 years back
Enalapril 5mg bid.

**Risk Factors**
* Male Gender  
* Age 52 years  
* Systemic hypertension  
* Emotional Stress

**DIET - VEGETARIAN**
FAT - 35 gm/day
Cholesterol 145 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>170</td>
<td>106</td>
<td>45</td>
<td>21.2</td>
<td>103.8</td>
</tr>
<tr>
<td>1hr</td>
<td>202</td>
<td>125</td>
<td>37</td>
<td>25</td>
<td>140</td>
</tr>
<tr>
<td>3hr</td>
<td>180</td>
<td>110</td>
<td>41</td>
<td>22</td>
<td>113</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Normal Fasting Lipoprotein Profile  
* LDL-C / HDL ratio is 2.3  
* 35 % ↑ in LDL and 17.8 % ↓ in HDL at 1st hour P.P.  
* LDL-C/HDL-C becomes 3.8  
* Type -2 Response  
* ↑ risk of CAD  
* Dietary fat cholesterol restriction is must.
SYSTEMIC HYPERTENSION GROUP

R. S. Sharma 48 Years/M
Service Man
Stage- 2 systemic hypertension
Detected 5 years back
Lisinopril 10mg OD

Risk Factors
* Male Gender
* Age 48 years
* Systemic hypertension
* Obesity - (BMI - 31)
* Smoker

DIET - NON VEGETARIAN
FAT - 48 gm/day
Cholesterol 550 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>150</td>
<td>100</td>
<td>36</td>
<td>20</td>
<td>94</td>
</tr>
<tr>
<td>1hr</td>
<td>184</td>
<td>110</td>
<td>30</td>
<td>22</td>
<td>130</td>
</tr>
<tr>
<td>3hr</td>
<td>154</td>
<td>102</td>
<td>35</td>
<td>20.4</td>
<td>98.6</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

- Normal Fasting Lipoprotein Profile
- LDL-C / HDL-C is 2.6
- 38.3% ↑ in LDL and 16.7% ↓ in HDL at 1st hour P.P.
- LDL-C / HDL-C becomes 4.3
- Type -2 Response
- ↑ risk of CAD
- Dietary fat cholesterol is must.
SYSTEMIC HYPERTENSION GROUP

Ram Gopal 45 Years/M
* Stage - 3 SHT (JNC-V)
* Atenolol 50 mg OD
* Nifedipine 20mg bid

Risk Factors
* Male Gender
* Age 45 years
* Systemic hypertension
* Obesity - (BMI - 32)
* Sedentary Life Style

DIET - NON VEGETARIAN
FAT - 50 gm/day
Cholesterol 550 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>180</td>
<td>104</td>
<td>36</td>
<td>20.8</td>
<td>123.2</td>
</tr>
<tr>
<td>1hr</td>
<td>210</td>
<td>124</td>
<td>32</td>
<td>24.8</td>
<td>153.2</td>
</tr>
<tr>
<td>3hr</td>
<td>189</td>
<td>116</td>
<td>34</td>
<td>23.2</td>
<td>131</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Normal Fasting Lipoprotien Profile
* LDL-C / HDL-C ratio is 3
* 24.4 % ↑ in LDL and 11.1 % ↓ in HDL at 1st hour P.P.
* LDL-C / HDL-C becomes 3.9
* Type - 2 Response
* ↑ risk of CAD
* Restriction of fat cholesterol in diet is must.
SYSTEMIC HYPERTENSION GROUP

A.K. Jhakaria  58 Years/M
* Stage - 2 SHT (JNC-V)
* Lisinopril 10mg OD

Risk Factors
* Male Gender
* Age 45 years
* Systemic hypertension
* Obesity - (BMI - 31)
* Smoker
* Sedentary Life Style

DIET - NON VEGETARIAN
FAT - 60 gm/day
Cholesterol 700 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>192</td>
<td>114</td>
<td>40</td>
<td>22.8</td>
<td>129.2</td>
</tr>
<tr>
<td>1hr</td>
<td>166</td>
<td>115</td>
<td>45</td>
<td>23.0</td>
<td>98</td>
</tr>
<tr>
<td>3hr</td>
<td>200</td>
<td>126</td>
<td>38</td>
<td>25.25</td>
<td>136.75</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Normal Fasting Lipoprotein Profile
* LDL-C / HDL-C ratio is 3.2
* 13.5 % ↓ in STC and no change in STG at 1st hour
* 24 % ↓ in LDL and 12.5 % ↑ in HDL at 1st hour P.P.
* LDL-C / HDL-C becomes 2.2
* Type - 1 response
* Only Lifestyle modification needed.
A.K. Jain  50 Years/M
Service Man
* Stage - 1 SHT (JNC - V)
* Atenolol 50 mg OD

Risk Factors
* Male Gender
* Age 50 years
* Systemic hypertension
* Obesity - (BMI - 30)
* Smoker

DIET - VEGETARIAN
FAT - 45 gm/day
Cholesterol 500 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC</th>
<th>STG</th>
<th>HDL</th>
<th>VLDL</th>
<th>LDL</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>162</td>
<td>100</td>
<td>36</td>
<td>20</td>
<td>106</td>
</tr>
<tr>
<td>1hr</td>
<td>140</td>
<td>100</td>
<td>40</td>
<td>26</td>
<td>80</td>
</tr>
<tr>
<td>3hr</td>
<td>164</td>
<td>114</td>
<td>36</td>
<td>22.8</td>
<td>105.2</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Normal Fasting Lipoprotein Profile
* LDL-C / HDL-C is 2.5
* 24% ↓ in LDL and 11.1% ↑ in HDL at first hour P.P.
* LDL-C / HDL-C becomes 2.0
* 13.6% ↓ in STC and no change in STG at first hour P.P.
* Type - 1 response
* Cessation of Smoking is must.
SYSTEMIC HYPERTENSION GROUP

Hari Krishan 50 Years/M
Service Man
* SHT - Stage - 3 (JNC - V)
* Detected 3 years back
* Taking Lisinopril 10mg OD

Risk Factors
* Male Gender
* Age 50 years
* Systemic hypertension
* Smoker
* Emotional Stress

DIET - VEGETARIAN
FAT - 50 gm/day
Cholesterol 550 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC</th>
<th>STG</th>
<th>HDL</th>
<th>VLDL</th>
<th>LDL</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>165</td>
<td>108</td>
<td>45</td>
<td>21.6</td>
<td>98.4</td>
</tr>
<tr>
<td>1hr</td>
<td>190</td>
<td>125</td>
<td>41</td>
<td>25</td>
<td>124</td>
</tr>
<tr>
<td>3hr</td>
<td>180</td>
<td>112</td>
<td>45</td>
<td>22.4</td>
<td>112.6</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Normal Fasting Lipoprotein Profile
* LDL-C / HDL-C is 2.2
* 26.4 % ↑ in LDL and 8.9 % ↓ in HDL at first hour P.P.
* LDL-C / HDL-C becomes 3.0
* Type - 2 Response
* Dietary fat cholesterol restriction is must.
SYSTEMIC HYPERTENSION GROUP

S.K. Maurya 48 Y/M
Systemic Hypertension
* Stage - 2 SHT (JNC-V)
* Irregular Treatment
* Amlodipine 10 mg 0D

Risk Factors
* Male Gender
* Age 48 years
* Systemic hypertension
* Smoker
* Emotional Stress

DIET - VEGETARIAN
FAT - 40 gm/day
Cholesterol 500 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>160</td>
<td>100</td>
<td>36</td>
<td>20</td>
<td>104</td>
</tr>
<tr>
<td>1hr</td>
<td>191</td>
<td>114</td>
<td>30</td>
<td>22.8</td>
<td>138.2</td>
</tr>
<tr>
<td>3hr</td>
<td>166</td>
<td>103</td>
<td>35</td>
<td>20.6</td>
<td>110.4</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Normal Fasting Lipoprotein Profile
* LDL-C / HDL-C is 2.9
* 32.9 %↑ in LDL and 16.7 %↓ in HDL at first hour P.P.
* LDL-C / HDL-C becomes 4.6
* Type - 2 Response
* Dietary fat Cholesterol restriction necessary.
SYSTEMIC HYPERTENSION GROUP

Badri Prasad  55 Years/M
Service man
* Stage - 2 Hypertension (JNC - V)
* Detected 4 years back
* Irregular Treatment
* Atenolol 50mg OD
* Amlodipine 5 mg OD

Risk Factors
* Male Gender
* Age 55 years
* Systemic hypertension

DIET - VEGETARIAN
FAT - 50 gm/day
Cholesterol 500 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>199</td>
<td>100</td>
<td>45</td>
<td>20</td>
<td>134</td>
</tr>
<tr>
<td>1hr</td>
<td>245</td>
<td>120</td>
<td>40</td>
<td>24</td>
<td>181</td>
</tr>
<tr>
<td>3hr</td>
<td>205</td>
<td>125</td>
<td>41</td>
<td>25</td>
<td>139</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Normal Fasting Lipoprotein Profile
* LDL-C / HDL-C ratio is 3.0
* 35 % ↑ in LDL and 11.1 % ↓ in HDL
* LDL-C / HDL-C ratio becomes 4.5
* Type - 2 Response
* Dietary fat cholesterol restriction is must.
ISCHEMIC HEART DISEASE GROUP

Kastoori 65 Years/F
House - wife
Ischemic heart disease

Risk Factors
* Age 75 years
* Post Menopausal
* Emotional Stress

DIET - VEGETARIAN
FAT - 50 gm/day
Cholesterol 400 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC</th>
<th>STG</th>
<th>HDL</th>
<th>VLDL</th>
<th>LDL</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>223</td>
<td>100</td>
<td>55</td>
<td>20</td>
<td>148</td>
</tr>
<tr>
<td>1hr</td>
<td>250</td>
<td>85</td>
<td>40</td>
<td>17</td>
<td>193</td>
</tr>
<tr>
<td>3hr</td>
<td>240</td>
<td>105</td>
<td>48</td>
<td>21</td>
<td>177</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Fasting Lipoprotein shows high STC and LDL
* LDL / HDL ratio is 2.9
* 30.4% ↑ in LDL and 37.5% ↓ in HDL at 1st hour P.P.
* LDL/HDL ratio 4.82 at one hour P.P.
* Type -2 Response
* Dietary fat cholesterol restriction and / or drugs needed.
ISCHEMIC HEART DISEASE GROUP

Laxmi Narayan 75 Years/M
Ex - Farmer
IHD with old Inf. wall MI with
Unstable angina

Risk Factors
* Male Gender
* Age 75 years
* Smoker
* Sedentary
* Emotional Stress
* Hyper cholesterolemia

DIET - VEGETARIAN
FAT - 45 gm/day
Cholesterol 450 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC (mg/dl)</th>
<th>STG (mg/dl)</th>
<th>HDL (mg/dl)</th>
<th>VLDL (mg/dl)</th>
<th>LDL (mg/dl)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 hr</td>
<td>228</td>
<td>92</td>
<td>35</td>
<td>18.4</td>
<td>174.6</td>
</tr>
<tr>
<td>1 hr</td>
<td>242</td>
<td>90</td>
<td>30</td>
<td>18.0</td>
<td>194</td>
</tr>
<tr>
<td>3 hr</td>
<td>230</td>
<td>102</td>
<td>50</td>
<td>20.4</td>
<td>159.6</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* High Fasting STC, LDL
* LDL / HDL ratio is 5
* 11.4 % ↑ in LDL and 14.3 % ↓ in HDL at 1st hour
* LDL/HDL ratio 6.5 at 1st hour P.P.
* Type -2 Response
* Dietary fat cholesterol restriction / drugs necessary.
ISCHEMIC HEART DISEASE GROUP

G.C. Aliya  60 Years/M
Service man
IHD with Acute INF wall MI

Risk Factors
* Male Sex  
* Age  60 years  
* Smoker  
* Sedentary life style  
* Hypercholesterolemia

DIET - VEGETARIAN
FAT - 45 gm/day
Cholesterol 450 mg/day

<table>
<thead>
<tr>
<th>Time</th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>210</td>
<td>100</td>
<td>40</td>
<td>20.0</td>
<td>150</td>
</tr>
<tr>
<td>1hr</td>
<td>250</td>
<td>116</td>
<td>35</td>
<td>23.2</td>
<td>191.8</td>
</tr>
<tr>
<td>3hr</td>
<td>220</td>
<td>110</td>
<td>38</td>
<td>22</td>
<td>160</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Fasting Lipoprotein Profile shows high
STC and LDL
* LDL / HDL ratio is 3.8
* 28 % ↑ in LDL-C and 12.5 % ↓ in
HDL-C at 1st hour
* LDL/HDL becomes 5.5
* Type -2 Response
* Dietary fat cholesterol restriction and/
or drugs necessary.
ISCHEMIC HEART DISEASE GROUP

Ram Lakhan  60 Years/M  
Ex. Service Man  
IHD with Inf. wall MI. with Brady cardia with 1° AV block.

Risk Factors
* Male Gender  
* Age 60 years  
* Smoker  
* Sedentary life style  
* Emotional Stress

DIET - VEGETARIAN  
FAT - 55-60 gm/day  
Cholesterol 400 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>178</td>
<td>86</td>
<td>41</td>
<td>17.2</td>
<td>119.8</td>
</tr>
<tr>
<td>1hr</td>
<td>220</td>
<td>95</td>
<td>35</td>
<td>19</td>
<td>166</td>
</tr>
<tr>
<td>3hr</td>
<td>170</td>
<td>90</td>
<td>40</td>
<td>18</td>
<td>112</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl  
STG mmol/L = mg/dl x 0.0114  
HDL mmol/L = mg/dl / 38.76

* Fasting Lipoprotein Profile shows high LDL - C  
* LDL / HDL ratio 2.9 (Fasting)  
* 38.6 % ↑ in LDL and 14.6 % ↓ in HDL-C at one hour P.P.  
* LDL/HDL ratio 4.7 at one 1 hour P.P.  
* Type -2 Response  
* Dietary Restriction of fat Cholesterol is must.
ISCHEMIC HEART DISEASE GROUP

Mohd. Usman 54 Years/M
Service man
Severe Atherosclerosis with Pul
Tuberculosis with ? Acute Ml.

Risk Factors
* Male Gender
* Age 52 years
* Smoker

DIET - NON VEGETARIAN
FAT - 45 gm/day
Cholesterol 600 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>174</td>
<td>120</td>
<td>41</td>
<td>24.0</td>
<td>109</td>
</tr>
<tr>
<td>1hr</td>
<td>212</td>
<td>132</td>
<td>36</td>
<td>26.4</td>
<td>153.6</td>
</tr>
<tr>
<td>3hr</td>
<td>180</td>
<td>116</td>
<td>40</td>
<td>23.2</td>
<td>116.8</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* High Fasting LDL Cholesterol
* LDL / HDL ratio 2.7 (fasting)
* 40.9 % ↑ in LDL and 12.2 % ↓ in HDL at 1st hour.
* LDL/HDL ratio 4.3 at one hour P.P.
* Type - 2 Response
* Dietary fat cholesterol restriction is must.
ISCHEMIC HEART DISEASE GROUP

Kamla Dixit  52 Years/F
House wife
IHD with Inf. wall MI. with LVF with
DM.

Risk Factors
* Diabetes Mellitus
* Post menopausal
* Emotional Stress
* Sedentary

DIET - VEGETARIAN
FAT - 55 gm/day
Cholesterol 500 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>200</td>
<td>136</td>
<td>38</td>
<td>27.2</td>
<td>134</td>
</tr>
<tr>
<td>1hr</td>
<td>225</td>
<td>134</td>
<td>34</td>
<td>26.8</td>
<td>164.2</td>
</tr>
<tr>
<td>3hr</td>
<td>220</td>
<td>130</td>
<td>36</td>
<td>26</td>
<td>156</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Fasting Lipoprotein Profile shows high LDL
* LDL / HDL ratio 3.5
* 22.5 % ↑ in LDL and 10.5 % ↓ in HDL at 1st hour P.P.
* LDL/HDL ratio 4.8 at one 1 hour Post prandial
* Type -2 Response
* Dietary fat cholesterol restriction is must.
**ISCHEMIC HEART DISEASE GROUP**

**Ganga Prasad** 65 Years/M
Farmer
IHD with Non Q MI.

**Risk Factors**
* Male Gender
* Age 65 years
* Sedentary
* Smoker

**DIET - NON VEGETARIAN**
FAT - 60 gm/day
Cholesterol 650 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>191</td>
<td>102</td>
<td>38</td>
<td>20.4</td>
<td>132.6</td>
</tr>
<tr>
<td>1hr</td>
<td>229</td>
<td>118</td>
<td>34</td>
<td>23.6</td>
<td>171.4</td>
</tr>
<tr>
<td>3hr</td>
<td>210</td>
<td>104</td>
<td>36</td>
<td>20.8</td>
<td>138</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Fasting Lipoprotein Profile shows high LDL
* LDL / HDL ratio 3.5 (fasting)
* 19.9 % ↑ in STC and 15.7 % ↑ in STG at one hour.
* 29.9 % ↑ in LDL and 10.5 % ↓ in HDL at one hour P.P.
* LDL/HDL ratio is 5.0 at 1st hour
* **Type -2 Response**
* Dietary fat cholesterol restriction is must.
ISCHEMIC HEART DISEASE GROUP

Mullu 52 Years/M
Farmer
IHD with Non Q MI.

Risk Factors
* Male Gender
* Age 52 years
* Smoker
* Hypercholesterolemia

DIET - VEGETARIAN
FAT - 60 gm/day
Cholesterol 500 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>216</td>
<td>110</td>
<td>30</td>
<td>22.0</td>
<td>164.0</td>
</tr>
<tr>
<td>1hr</td>
<td>255</td>
<td>134</td>
<td>39</td>
<td>26.8</td>
<td>169.2</td>
</tr>
<tr>
<td>3hr</td>
<td>240</td>
<td>123</td>
<td>50</td>
<td>24.6</td>
<td>185.4</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Fasting Lipoprotein Profile shows high STC and LDL. HDL is low
* LDL / HDL 5.46 (Fasting)
* 15.3 % ↑ in LDL and 1st hour.
* LDL/HDL ratio is 4.84 at one hour P.P.
* Type - 2 Response
* Cessation of Smoking is must
* Dietary fat cholesterol restriction is must.
**ISCHEMIC HEART DISEASE GROUP**

**B.L. Yadav 50 Years/M**
Service man
IHD with SHT

**Risk Factors**
* Male Gender
* Age 50 years
* Systemic Hypertension
* Smoker

**DIET - NON VEGETARIAN**
FAT - 65 gm/day
Cholesterol 650 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 hr</td>
<td>181</td>
<td>85</td>
<td>44</td>
<td>17</td>
<td>120</td>
</tr>
<tr>
<td>1 hr</td>
<td>211</td>
<td>96</td>
<td>35</td>
<td>19.2</td>
<td>156.8</td>
</tr>
<tr>
<td>3 hr</td>
<td>200</td>
<td>90</td>
<td>38</td>
<td>18.0</td>
<td>144</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl /38.76

* Fasting Lipoprotein Profile shows high LDL
* LDL / HDL ratio is 2.7
* 35.7% ↑ in LDL and 20.5% ↓ in HDL at 1st hour PP
* LDL/HDL ratio is 4.5 at one hour P.P.
* **Type -2 Response**
* Dietary fat Cholesterol Restriction Necessary.
Har Dayal 50 Years/M
Farmer
IHD with old Inf. wall MI with CHF

Risk Factors
* Male Gender
* Age 50 years
* Smoker
* Emotional Stress

DIET - NON VEGETARIAN
FAT - 50 gm/day
Cholesterol 500 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC  mg/dl</th>
<th>STG  mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL  mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>187</td>
<td>92</td>
<td>40</td>
<td>18.4</td>
<td>128.6</td>
</tr>
<tr>
<td>1hr</td>
<td>160</td>
<td>98</td>
<td>45</td>
<td>19.6</td>
<td>95.4</td>
</tr>
<tr>
<td>3hr</td>
<td>170</td>
<td>106</td>
<td>38</td>
<td>21.2</td>
<td>113.8</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl /38.76

* Fasting Lipoprotein Profile shows high LDL
* LDL / HDL ratio is 3.2
* 25.7 % ↓ in LDL-C and 12.5 % ↑ in HDL-C at 1st hour PP and LDL-C/ HDL-C = 2.1
* Type -1 Response
* Cessation of smoking is must.
ISCHEMIC HEART DISEASE GROUP

Narayan Das  35 Years/M  
Service man  
IHD with non QMI with SVT

Risk Factors  
* Male Gender  
* Sedentary life style  
* Emotional Stress

DIET - NON VEGETARIAN  
FAT - 48 gm/day  
Cholesterol 500 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 hr</td>
<td>195</td>
<td>120</td>
<td>45</td>
<td>24</td>
<td>126</td>
</tr>
<tr>
<td>1 hr</td>
<td>215</td>
<td>112</td>
<td>30</td>
<td>22.4</td>
<td>162.6</td>
</tr>
<tr>
<td>3 hr</td>
<td>220</td>
<td>120</td>
<td>40</td>
<td>24</td>
<td>156</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl  
STG mmol/L = mg/dl x 0.0114  
HDL mmol/L = mg/dl / 38.76

* Fasting Lipoprotein Profile shows high LDL-C  
* LDL-C/HDL-C ratio 2.8  
* 29.8 % ↑ in LDL-C and 33.3 % ↓ in HDL-C at 1st hour  
* LDL-C/HDL-C becomes 4.4  
* Type -2 Response  
* Dietary - fat cholesterol restriction is necessary.
ISCHEMIC HEART DISEASE GROUP

DR. R. Sahai  56 Years/M
Service man
IHD with SHT

Risk Factors
* Male Gender
* Age - 56 years
* Smoker
* Systemic Hypertension
* Sedentary
* Emotional Stress

DIET - VEGETARIAN
FAT - 35 gm/day
Cholesterol 350 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>155</td>
<td>100</td>
<td>40</td>
<td>20</td>
<td>95</td>
</tr>
<tr>
<td>1hr</td>
<td>199</td>
<td>104</td>
<td>35</td>
<td>20.8</td>
<td>143.2</td>
</tr>
<tr>
<td>3hr</td>
<td>162</td>
<td>110</td>
<td>38</td>
<td>22</td>
<td>116.6</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl /38.76

* Normal Fasting Lipoprotein Profile
* LDL-C/HDL-C ratio 2.4
* 50.5 % ↑ in LDL and 12.5 % ↓ in HDL at 1st hour and LDL-C/HDL-C becomes 4.1
* Type -2 Response
* Dietary - Fat Cholesterol restriction is necessary.
ISCHEMIC HEART DISEASE GROUP

Moolshanker  52 Years/M
Farmer
IHD

Risk Factors
* Male Gender
* Age - 52 years
* Obesity (BMI - 28.9)

DIET - VEGETARIAN
FAT - 30 gm/day
Cholesterol 400 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 hr</td>
<td>178</td>
<td>85</td>
<td>34</td>
<td>17</td>
<td>127</td>
</tr>
<tr>
<td>1 hr</td>
<td>184</td>
<td>86</td>
<td>34</td>
<td>17.2</td>
<td>132</td>
</tr>
<tr>
<td>3 hr</td>
<td>197</td>
<td>90</td>
<td>36</td>
<td>18</td>
<td>143</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl /38.76

* Fasting Lipoprotein Profile shows low HDL and high LDL-C and LDL-C / HDL-C is 3.7
* 3.9 % ↑ in LDL-C and no change in HDL-C
* Test is Indeterminative
* Cessation of Smoking is must
ISCHEMIC HEART DISEASE GROUP

Gomti Devi 50 Years/F
IHD
House wife

Risk Factors
* Obesity (BMI - 30)
* Sedentary life style
* Post menopausal age group
* Emotional Stress

DIET - VEGETARIAN
FAT - 45 mg/day
Cholesterol 350 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>183</td>
<td>90</td>
<td>35</td>
<td>18.0</td>
<td>130</td>
</tr>
<tr>
<td>1hr</td>
<td>150</td>
<td>94</td>
<td>40</td>
<td>18.8</td>
<td>91.2</td>
</tr>
<tr>
<td>3hr</td>
<td>176</td>
<td>104</td>
<td>35</td>
<td>20.8</td>
<td>120.2</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl /38.76

* Fasting Lipoprotein Profile shows high LDL
* LDL-C / HDL-C is 2.5
* 43.9 % ↓ in LDL and 20 % ↑ in HDL at 1st hour P.P.
* LDL-C / HDL-C becomes 4.4
* Type-1 response
* Weight reduction is must.
ISCHEMIC HEART DISEASE GROUP

D.N. Shrivastava 50 Years/M
IHD with Acute ant wall MI
Service man

Risk Factors
* Male Gender
* Age - 50 years
* Smoker
* Emotional Stress

DIET - NON VEGETARIAN
FAT - 40 mg/day
Cholesterol 600 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC (mg/dl)</th>
<th>STG (mg/dl)</th>
<th>HDL (mg/dl)</th>
<th>VLDL (mg/dl)</th>
<th>LDL (mg/dl)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>169</td>
<td>100</td>
<td>42</td>
<td>20</td>
<td>107</td>
</tr>
<tr>
<td>1hr</td>
<td>206</td>
<td>85</td>
<td>35</td>
<td>17</td>
<td>154</td>
</tr>
<tr>
<td>3hr</td>
<td>176</td>
<td>107</td>
<td>38</td>
<td>21.8</td>
<td>116.5</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl /38.76

* Fasting Lipoprotein Profile shows high LDL
* LDL-C / HDL-C is 2.5
* 43.9 % ↑ in LDL and 20 % ↓ in HDL at 1st hour
* LDL-C /HDL-C becomes 4.4
* Type-2 response
* Restriction of fat & cholesterol in diet necessary.
ISCHEMIC HEART DISEASE GROUP

Chandra Shekhar 52 Years/M Serviceman
Old Inf. wall. M.I.

Risk Factors
* Male Gender
* Age - 52 years
* Obesity (BMI - 29)

DIET - NON VEGETARIAN
FAT - 50 gm/day
Cholesterol 650 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 hr</td>
<td>165</td>
<td>85</td>
<td>40</td>
<td>17</td>
<td>108</td>
</tr>
<tr>
<td>1 hr</td>
<td>204</td>
<td>98</td>
<td>30</td>
<td>19.6</td>
<td>154.4</td>
</tr>
<tr>
<td>3 hr</td>
<td>174</td>
<td>90</td>
<td>38</td>
<td>18</td>
<td>117.6</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Normal Fasting Lipoprotein Profile
* Fasting LDL-C / HDL-C is 2.7
* 42.6 % ↑ in LDL and 20 % ↓ in HDL at 1st hour P.P.
* LDL-C / HDL-C becomes 5.15
* TYPE-2 RESPONSE
* Dietary fat cholesterol restriction is must.

0  I  II  III Hours Postprandial
ISCHEMIC HEART DISEASE GROUP

C.L. Sharma  50 Years/M
IHD with old Inf. wall MI
Serviceman

Risk Factors
* Male Gender
* Age - 50 years
* Obesity (BMI - 30)

DIET - VEGETARIAN
FAT - 35 gm/day
Cholesterol 350 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC</th>
<th>STG</th>
<th>HDL</th>
<th>VLDL</th>
<th>LDL</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>200</td>
<td>96</td>
<td>40</td>
<td>19.2</td>
<td>140.8</td>
</tr>
<tr>
<td>1hr</td>
<td>160</td>
<td>104</td>
<td>48</td>
<td>20.8</td>
<td>91.2</td>
</tr>
<tr>
<td>3hr</td>
<td>192</td>
<td>114</td>
<td>40</td>
<td>22.8</td>
<td>129.2</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl /38.76

* Fasting Lipoprotein Profile shows high LDL
* LDL-C / HDL-C ratio 3.5
* 35.2.% ↓ in LDL-C and 20% ↑ in HDL-C at 1st hour P.P.
* LDL-C / HDL-C becomes 1.9
* Type -1 Response
* Advise - Weight reduction
ISCHEMIC HEART DISEASE GROUP

Kishori Devi 50 Years/F
IHD C SHT

Risk Factors
* Systemic Hypertension
* Post Menopausal Age group.

DIET - VEGETARIAN
FAT - 60 mg/day
Cholesterol 400 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STG</th>
<th>HDL</th>
<th>VLDL</th>
<th>LDL</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>102</td>
<td>42</td>
<td>20.4</td>
<td>122.6</td>
</tr>
<tr>
<td>1hr</td>
<td>117</td>
<td>36</td>
<td>23.4</td>
<td>162.6</td>
</tr>
<tr>
<td>3hr</td>
<td>112</td>
<td>40</td>
<td>22.4</td>
<td>127.6</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Fasting Lipoprotein Profile shows high LDL
* LDL / HDL : 2.9
* 32.8 % ↑ in LDL and 14.3 % ↓ in HDL at 1st hour P.P.
* LDL / HDL : 4.5 at 1st hour P.P.
* Type - 2 Response
* Dietary fat Cholesterol restriction is must.
Mr. Abdul  52 Years/M
Service man
IHD

Risk Factors
* Male Gender
* Age - 52 years
* Smoker

DIET - NON VEGETARIAN
FAT - 45 gm/day
Cholesterol 500 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC mg/dl</th>
<th>STG mg/dl</th>
<th>HDL mg/dl</th>
<th>VLDL mg/dl</th>
<th>LDL mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>0hr</td>
<td>156</td>
<td>92</td>
<td>35</td>
<td>18.4</td>
<td>102.6</td>
</tr>
<tr>
<td>1hr</td>
<td>195</td>
<td>99</td>
<td>30</td>
<td>19.8</td>
<td>145.2</td>
</tr>
<tr>
<td>3hr</td>
<td>170</td>
<td>107</td>
<td>32</td>
<td>21.4</td>
<td>116.6</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl /38.76

* Normal Fasting Lipoprotein Profile
  LDL-C / HDL-C is 2.9
* 42.2 % ↑ in LDL and 14.3 % ↓ in HDL at 1st hour and LDL-C/HDL-C becomes 4.8
* Type - 2 Response
* Dietary - Fat Cholesterol restriction is must.
ISCHEMIC HEART DISEASE GROUP

Narbada Prasad 58 Years/M
Service man
IHD with Unstable angina

Risk Factors
* Male Gender
* Age 58 years

DIET - VEGETARIAN
FAT - 40 gm/day
Cholesterol 450 mg/day

<table>
<thead>
<tr>
<th></th>
<th>STC</th>
<th>STG</th>
<th>HDL</th>
<th>VLDL</th>
<th>LDL</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 hr</td>
<td>170</td>
<td>100</td>
<td>42</td>
<td>26</td>
<td>108</td>
</tr>
<tr>
<td>1 hr</td>
<td>204</td>
<td>85</td>
<td>38</td>
<td>17</td>
<td>149</td>
</tr>
<tr>
<td>3 hr</td>
<td>180</td>
<td>107</td>
<td>41</td>
<td>21.4</td>
<td>117.6</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

* Normal Fasting Lipoprotein Profile and LDL / HDL ratio 2.6
* 38 % ↑ in LDL and 9.5 % ↓ in HDL at 1st hour P.P.
* LDL/HDL ratio becomes 3.9
* Type -2 Response
* Dietary fat cholesterol restriction necessary.