

NEWS RELEASE

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New Heart's Lipidology Consulting Gets to the Heart of the Matter

Subspecialty to assist patients with significant cholesterol problems

New Heart Wellness Center, a nonprofit heart disease prevention and cardiac rehabilitation facility, adds a subspecialty in clinical lipidology to its services this month.

Lipids or, cholesterol numbers, relate to the presence or absence of other heart disease risk factors such as obesity and diabetes. Because of current disease trends that place an increasing number of Americans at risk for coronary heart disease, the study of lipidology is growing rapidly.

National guidelines for lipid levels have recently been lowered. As a result, many physicians are requesting additional screening and testing for patients with high risks. The new guidelines are significant because every 10% lowering of LDL (Low Density Lipoprotein), often referred to as bad cholesterol, causes a 1% reduction in the size of an artery blockage.

Dr. Richard Lueker, head of the 501 c3 nonprofit entity that he founded, discussed the new consulting service, "We now offer specialized testing that further evaluates cholesterol; for example, 'particle number' and 'particle size' can be very important in selecting the best medication to improve the lipid profile and reduce the future risk of cardiac events."

Lueker, a practicing cardiologist since 1970, has been a passionate advocate for wellness throughout his career. He explained that young individuals with heart disease, patients with repeated coronary events and those with a strong family history comprise a subset of individuals with significantly higher risk for cholesterol particle problems. In these individuals, an increase in small dense LDL particles, and an increase in number of particles, leads to higher risk. The presence of small LDL, for example, indicates a 300 percent greater risk for heart disease. Reduction in the number of small LDL particles in moderate to high-risk individuals leads to reduction in cardiac events.

New Heart Wellness offers lipidology consulting services to assist physicians and individuals in the Albuquerque area.

New Heart, founded in 1975, is a nonprofit heart disease prevention and rehabilitation facility located at 601 Lomas Boulevard NE in Albuquerque. For more information, call 505-881-8195 or see www.newheartnm.com.

Keywords: cardio rehab, cardiac rehabilitation, Lipidology, Albuquerque, New Mexico, New Heart

High Resolution Photos: New Heart Building (embed), Richard (Dick) Lueker, MD, New Heart Patients, New Heart Patients Workout

Categories: Medical, Medical General, Medical Cardiology, Lifestyle Health & Fitness, Non-Profit, Research, Medical Hospitals, Miscellaneous