

From: "jeffrey E." <jeevacation@gmail.com>

To: Joichi Ito <[REDACTED]>

Subject: Re: Cholesterol

Date: Thu, 27 Apr 2017 10:35:30 +0000

yes, you remembered correctly . george church said take it at night with some co Q 10. the arrythmias is fast, or irregular , get heart rate monitor for you iphone

On Thu, Apr 27, 2017 at 6:17 AM, Joichi Ito <[REDACTED]> wrote:

Hey Jeffrey. You mentioned something about Statin's and Cholesterol the other day. Do you have high Cholesterol? My Cholesterol is getting a bit high so my doctor started me on a low dose of Statin - 10 mg/day. I think you mentioned that you thought Statin made you stupid and didn't work... is that true?

Also, just an aside. I've started getting Heart Arrhythmias - going to get a heart Calcium CT Score.

Sucks getting old. ;-)

- Joi

Component	Your Value	Standard Range
CHOLESTEROL, TOTAL Test Performed At: QUEST DIAGNOSTICS MASSACHUSETTS LLC 200 FOREST STREET 3RD FLOOR,SUITE A MARLBOROUGH, MA 01752-3023 SALIM E KABAWAT,MD	233 mg/dL	125 - 200 mg/dL
HDL CHOLESTEROL Test Performed At: QUEST DIAGNOSTICS MASSACHUSETTS LLC 200 FOREST STREET 3RD FLOOR,SUITE A MARLBOROUGH, MA 01752-3023 SALIM E KABAWAT,MD	37 mg/dL	> OR = 40 mg/dL
TRIGLYCERIDES Test Performed At: QUEST DIAGNOSTICS MASSACHUSETTS LLC 200 FOREST STREET 3RD FLOOR,SUITE A MARLBOROUGH, MA 01752-3023 SALIM E KABAWAT,MD	224 mg/dL	<150 mg/dL
LDL-CHOLESTEROL Desirable range <100 mg/dL for patients with CHD or diabetes and <70 mg/dL for diabetic patients with known heart disease. Test Performed At: QUEST DIAGNOSTICS MASSACHUSETTS LLC 200 FOREST STREET 3RD FLOOR,SUITE A MARLBOROUGH, MA 01752-3023 SALIM E KABAWAT,MD	151 mg/dL (calc)	<130 mg/dL (calc)
CHOL/HDL C RATIO Test Performed At: QUEST DIAGNOSTICS MASSACHUSETTS LLC 200 FOREST STREET 3RD FLOOR,SUITE A MARLBOROUGH, MA 01752-3023 SALIM E KABAWAT,MD	6.3 (calc)	< OR = 5.0 (calc)
NON-HDL CHOLESTEROL Target for non-HDL cholesterol is 30 mg/dL higher than LDL cholesterol target. Test Performed At: QUEST DIAGNOSTICS MASSACHUSETTS LLC 200 FOREST STREET 3RD FLOOR,SUITE A MARLBOROUGH, MA 01752-3023 SALIM E KABAWAT,MD	196 mg/dL (calc)	mg/dL (calc)

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please note

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