

Abbreviations

ACE	Angiotensin Converting Enzyme. Involved in a cascade of reactions leading ultimately to elevation of blood pressure.
AP	Angina Pectoris. Also referred to simply as “angina”.
APO	Apolipoprotein. A protein in the blood concerned with lipid (i.e. fat) transport. High levels of type A are desirable; raised concentrations of type B undesirable and predispose to CHD.
BMI	Body Mass Index. Derived from height and weight, and an indicator of obesity when elevated.
C	Carbon
CCF	Congestive Cardiac Failure
CHD	Coronary Heart Disease
CL	Confidence Limits
cwt	Hundredweight (112 pounds)
dl	Decilitre
g	Grams
HDL	High Density Lipoprotein—elevation of blood levels is associated with reduced liability to develop CHD; low levels with increased risk. Sometimes referred to as the “good cholesterol”.
LDL	Low Density Lipoprotein. Predisposes to CHD when blood levels are excessive. It is sometimes referred to as the “bad cholesterol”.
Lipid Profile	An overview of fats in the blood, including serum triglycerides, total cholesterol, HDL and LDL.
Lipoproteins	Serum proteins which act as carriers for fats in the blood.
Lp(a)	Lipoprotein (a). A variant of the above. High blood levels are associated with increased CHD incidence.
METS	Metabolic equivalents. A measure of exercise intensity.
mg	Milligrams
mg/dl	Milligrams per decilitre
mg/g	Milligrams per gram
mg/L	Milligrams per litre
MI	Myocardial Infarction
mmHg	Millimetres of Mercury
mmol	Millimoles
MRFIT	Multiple Risk Factor Intervention Trial
MUFA	Monounsaturated Fatty Acids
P	Probability. <0.05 conventionally implies (statistical) significance.
P/S ratio	Ratio of polyunsaturated to saturated fats (or fatty acids).
PUFA	Polyunsaturated Fatty Acids. The commonest is linoleic acid.
RF	Risk Factor. One which predisposes to development of CHD.
RR	Relative Risk

Abbreviations

SD	Standard Deviation
SE	Standard Error
SFA	Saturated Fatty Acids
TC	Total Serum Cholesterol
TFA	Trans-fatty Acids
VLDL	Very Low Density Lipoprotein
µg/L	Micrograms per Litre
µU/L	Microunits per Litre