

HYPERLIPIDEMIA

WHAT IS HYPERLIPIDEMIA?

Hyperlipidemia is high cholesterol level in the blood and is a major risk factor for heart disease. Excess cholesterol in the blood builds up in the arterial walls, which leads to hardened and narrowed arteries. As a result blood flow to the heart is decreased which decreases oxygen delivery to the heart. Decreased oxygen supply to the heart damages the heart muscle.

WHAT AFFECTS CHOLESTEROL LEVELS?

- Diet
- Weight
- Physical Activity
- Age and Gender
- Heredity

MAJOR RISK FACTORS:

- Cigarette Smoking
- Elevated blood pressure
- Low HDL
- High LDL
- Family history of heart disease
- Age
- Diabetes
- Hypertension

CHOLESTEROL BREAKDOWN:

- | | | |
|-----------------------------------|-------------------------|------------------|
| • Total Cholesterol: | Optimal: less than 200. | High: above 240. |
| • HDL (Good cholesterol): | Optimal: above 60. | Low: below 40. |
| • LDL (Bad cholesterol): | Optimal: less than 100. | High: above 130. |
| • Triglyceride (Bad cholesterol): | Optimal: below 130. | High: above 150. |

TREATMENT:

Therapeutic Lifestyle Changes: Low cholesterol diet, physical activity, weight management.

Drug Therapy: Statins