What is **Hyperlipidemia?**
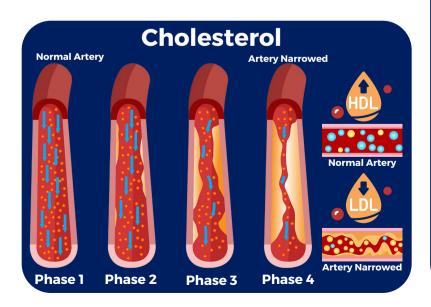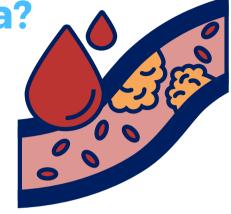
Hyperlipidemia is also know as high cholesterol.

Cholesterol is a waxy substance that the body uses to build cell walls, help with digestion, make hormones and make use of Vitamin D in the skin. The amount of cholesterol needed to do these jobs is made in the liver. The rest of cholesterol in blood comes from eating foods high is saturated fats such as beef, pork and skin-on poultry as well as full-fat dairy products such as butter, cheese, and whole milk.

Your healthcare provider can perform simple blood tests to check your cholesterol levels and talk to you about the results.

Cholesterol

Normal Artery | Artery Narrowed

HDL | Normal Artery
LDL | Artery Narrowed

Phase 1 | Phase 2 | Phase 3 | Phase 4

Types of **Cholesterol**

- HDL– high density lipoprotein is the Healthy (good) cholesterol. It helps remove cholesterol from the artery walls and blood stream.
- LDL– low density lipoprotein is the Lousy (less desirable) cholesterol. LDL cholesterol builds up in the walls of your arteries, making them less flexible and narrower.
- Triglyceride– is the most common type of fat in the body used to store any food that is not used right away.

A high triglyceride level combined with high LDL (bad) cholesterol or low HDL (good) cholesterol is linked with fatty buildups in the artery walls, which increases the risk of heart attack and stroke.

Risk Factors for
High Cholesterol

- **Diet.** Eating too much saturated fat can contribute to high cholesterol. High saturated fat foods include such things as full fat dairy (ex: whole milk, sour cream, cheese), fatty meats (ex: steak, hamburger, sausage, bacon) , and processed foods such as chips, some lunch meats.
- **Obesity.** Having a body mass index (BMI) 30 or higher increases risk of high cholesterol.
- **Lack of exercise.** Exercise helps raise the body's HDL– good cholesterol.
- **Smoking.** HDL levels may be lowered by cigarette smoking.
- **Alcohol.** Triglyceride levels can increase by drinking too much alcohol.
- **Age.** While high cholesterol is most common in people over 40, increased cholesterol can happen in young children sometimes as well.

How to Keep Cholesterol Levels Normal

Get regular exercise

Lose excess weight

Eat a healthy diet

Avoid trans & saturated fats

Quit Smoking

Limit processed foods

Consider medication

High Cholesterol Prevention

The same heart-healthy lifestyle changes that can lower your cholesterol can help prevent you from having high cholesterol in the first place. To help prevent high cholesterol, you can:

- Eat a diet with a lot of vegetables, fruits and whole grains.

- Foods that contain good fats (Omega 3-6-9) like avocado, olive oil and nuts should be used in moderation. Broiled, baked or grilled fish or poultry is a better choice than red meat or pork.

- Quit smoking.

- At least 30 minutes of exercise most days of the weeks is recommended.

- If drinking alcohol, drink it in moderation: 2 drinks per day for men, 1 drink per day for women.

- Use positive ways to manage stress such as doing a hobby or exercising.

Sources:
~ https://www.heart.org/en/health-topics/cholesterol
~ https://health.clevelandclinic.org/hdl-is-it-possible-to-raise-your-good-cholesterol-2/
~ https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/symptoms-causes/syc-20350800

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