

What is Dyslipidemia?

Dyslipidemia is a problem with your cholesterol or triglycerides. You could have:

- High levels of “bad cholesterol” (this is also called “hyperlipidemia”)
- Low levels of “good cholesterol”
- High levels of triglycerides, or
- A combination of these problems



WHAT ARE CHOLESTEROL AND TRIGLYCERIDES?

CHOLESTEROL

There are a few different kinds of cholesterol, but the main ones are:

- LDL (“bad cholesterol”) is the cholesterol that can form plaques or blockages in your arteries which can cause a heart attack or stroke.
- HDL (“good cholesterol”) is the cholesterol that is collected from your body and taken back to your liver where it can be eliminated. Having high good cholesterol helps protect you from heart attacks and strokes.

TRIGLYCERIDES

Triglycerides are a combination of sugar and fat that can be used for energy. But if your level is too high, it can also increase your risk of heart attacks. High triglycerides can sometimes also mean that you are at higher risk for developing diabetes.

What level should my cholesterol and triglycerides be?

- Your total cholesterol should be less than 200.
- Your LDL cholesterol should be less than 100.
- Your HDL cholesterol should be more than 40.
- Your triglycerides should be less than 150.

WHAT CAUSES IT?

Several things can cause problems with cholesterol or triglycerides, and it is usually a combination of:

- Genetics
- Being overweight or obese
- Not getting enough exercise
- Drinking too much alcohol
- Unhealthy diet
- Thyroid problems
- Diabetes

Test	Result	Unit
HbA1C		
FBS/Glucose	320 H	mg/dL
Lipid Profile		
- Cholesterol	265 H	mg/dL
- Triglyceride	72 H	mg/dL
- HDL-C	220 H	mg/dL
- LDL-C		mg/dL
- protein		g/dL

For more information, scan the QR code below, or visit nciph.org/dyslipidemia



WHAT CAN I DO ABOUT IT?

LOSE WEIGHT

- If you are overweight or obese, losing weight can decrease your cholesterol and triglycerides.
- You should make a goal to lose 10% of your body weight to get the benefits.

EXERCISE

- Exercise decreases your LDL (bad cholesterol) and triglycerides and increases your HDL (good cholesterol).
- You should get a minimum of 150 minutes of exercise per week (or 30 minutes daily 5 times a week).
- Do an exercise you enjoy so that you will be more likely to stick with it.
- Good choices include walking, swimming, biking, hiking, and running.

EAT A HEALTHY DIET

- Decrease or eliminate meat and dairy products from your diet.
- Avoid unhealthy fats such as fried foods, margarine, and processed foods.
- Decrease processed sugar found in sweets, sodas, fruit juices, and many packaged foods.
- Eat healthy fats such as avocados, nuts, seeds, and olive oil.
- Eat omega 3 fatty acids which are found in flaxseed, chia seeds, hemp seeds, walnuts, and some kinds of fish.
- Eat lots of high soluble fiber foods like oatmeal.
- Eat more fresh or frozen fruits and vegetables.

STOP SMOKING

- Smoking decreases your HDL (good cholesterol) and increases your triglycerides.
- If you are not a smoker, you should stay away from second-hand smoke.

