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HYPERLIPIDEMIA



It means an increase in the amount of different types of fat as total cholesterol. Low Density Lipoproteins, Very Low Density Lipoproteins and triglycerides.

1. Source-Cholesterol can be derived form:

- outside food called exogenous
- Produced inside the body called endogenous.

Our body makes and uses certain amount of cholesterol every day, but sometime that system gets out of control, either through genetic defect or overloaded by high cholesterol in diet.

There is good cholesterol which prevents blockage of arteries and bad cholesterol which block the arteries.

These blocked arteries are the main cause of Heart attack and stroke.

2. How much cholesterol/ fat I need daily?

On average an adult person needs upto 40% of calories derived from fat and amount of cholesterol should be <300mg/day.

3. What can I do if I have high cholesterol?

- Eat white meat without skin
- Eat more vegetable, fruits, whole grains and skimmed milk.
- Reduce sugar intake.
- Eat food high in soluble fiber
- Avoid saturated fat.
- Eat polyunsaturated fat in moderation.
- Avoid more eggs, red meat, organ meat, butter and creamy products.
- Stop smoking.
- Reduce weight.
- Do regular aerobics.
- Treat associated diseases as Diabetes, Hypothyroidism and hypertension.

4. Drug therapy:

If cholesterol remains high inspite of above measures then specific anti lipidemic medication should be taken with consultation of your physician.