

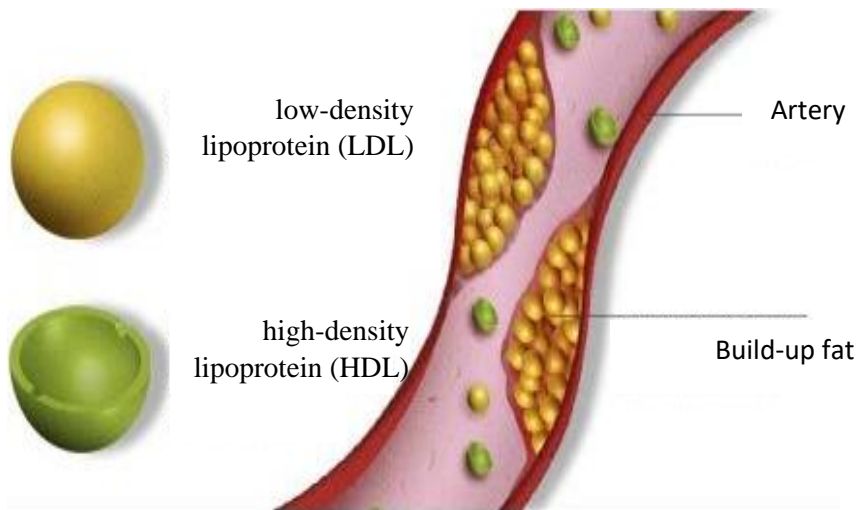


LDL and HDL



Cholesterol

It isn't just something that sits in your body like fat around your waist. It's carried through your bloodstream by carriers made of fat (lipid) and proteins. There are two types of carriers that transport cholesterol to and from the cell:



Low-density lipoprotein, sometimes called “bad” cholesterol (LDL):

LDL cholesterol contributes to fatty buildups in arteries causing atherosclerosis. It can also increase the collection of blood clots which narrows the arteries and increases the risk for heart attack, stroke and peripheral artery disease.



High-density lipoprotein, sometimes called “good” cholesterol (HDL):

It is considered the cleanser that carries bad cholesterol from the arteries and carries it back to the liver. The liver then flushes it from the body.

- Normal or high levels of HDL can lower your risk for heart disease and stroke and vice versa.
- It should be noted that HDL does not completely eliminate LDL; only one-third to one-fourth of blood cholesterol is carried by HDL.

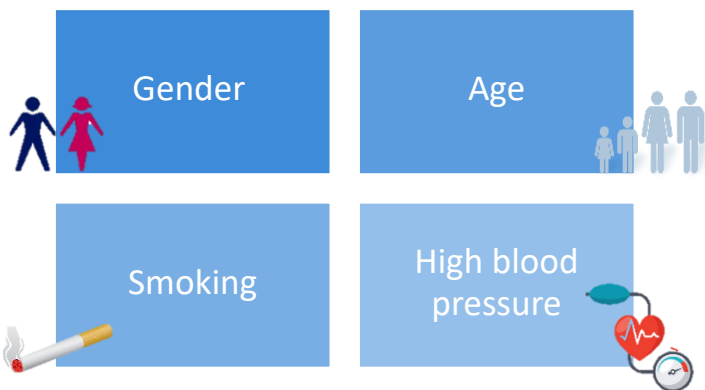
Cholesterol test:

- It is done to estimate your risk of having heart diseases, strokes and other health problems; therefore, helps prevent their occurrence or reduce their severity, if occurred.
- Everyone should undergo the test, men at the age of 35 and women at the age of 45 (it is recommended to start the test at the age of 20).
- You can check your cholesterol level through a blood test after fasting for 9-12 hours.

Classification	LDL level
optimal	Less than 100
near-optimal	100-129
Borderline high	130-159
High	160-189
Very high	≥190

Classification	HDL level
Low; considered risk factor correlated for heart disease	<40
Normal	40 – 59
Optimal condition against heart disease	≥60

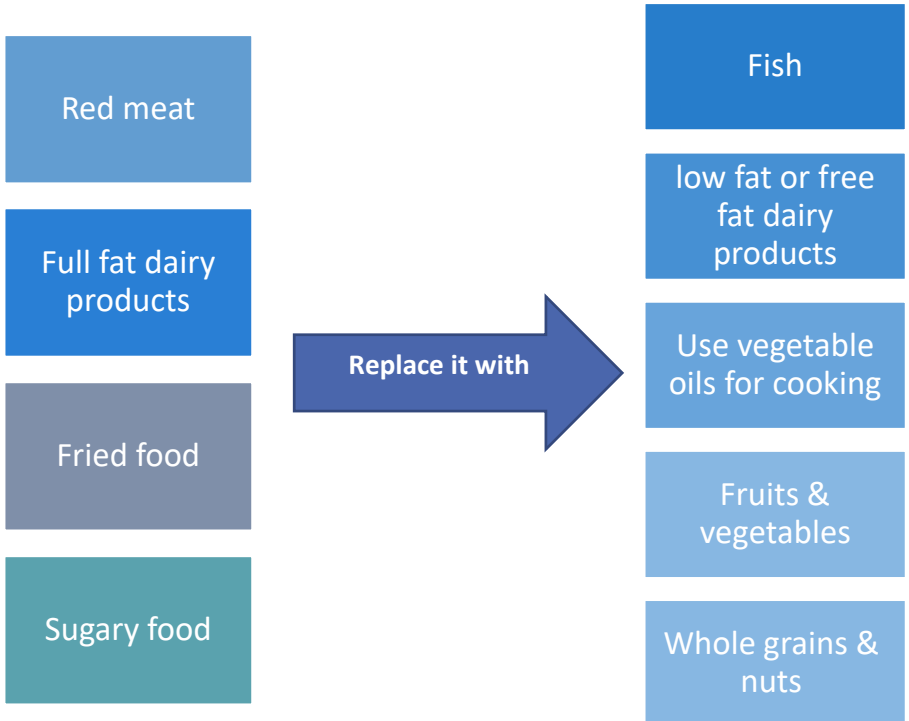
There are other factors that increase your risk of heart disease, such as:



All these factors may interact with high LDL or low HDL and pose a risk to your health

Prevention and treatment:

- **Maintain a healthy diet:**

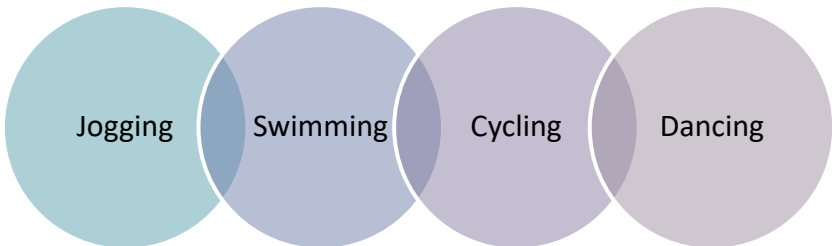


Following this healthy diet will increase your fiber level, which will help you lower your cholesterol level by about 10%.

- **Exercise:**

An inactive lifestyle lowers the good cholesterol, which means that there is less good cholesterol that can eliminate bad cholesterol from the arteries.

Doing 40 minutes of exercise three to four times a week is enough to lower both your bad cholesterol and your high blood pressure, for example:



- **Quit smoking:**

Smoking lowers the levels of HDL and when combined with other risk factors like high LDL, high blood pressure or diabetes; the probability of having arterial and heart diseases will potentially increase. Passive smokers, likewise, should avoid being exposed to smoke to protect themselves.

- **Maintain ideal weight:**

Obesity and overweight tends to increase bad cholesterol (LDL) and lower good cholesterol (HDL).

If lifestyle changes are not enough to lower your cholesterol level, you will resort to medication.

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