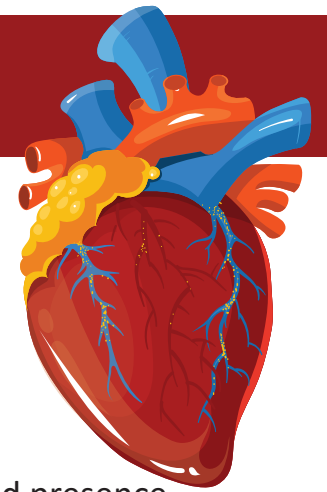


Hyperlipidaemia



What is it?

Hyperlipidaemia is a condition where your blood contains abnormally high levels of cholesterol and/or triglycerides. The elevated presence of these two lipids/fats may cause fatty deposits in blood vessels (atherosclerosis) and an increased risk of serious medical problems like heart disease, stroke, and more.

Causes



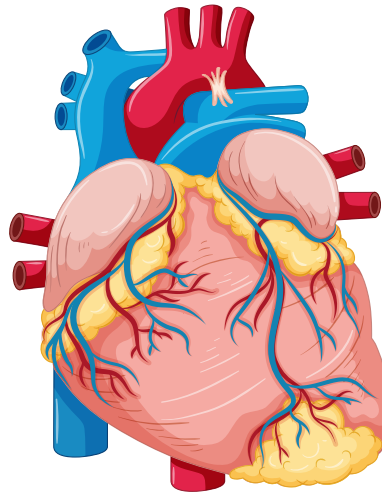
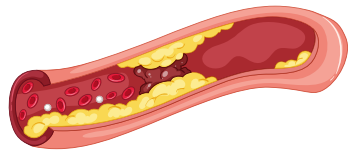
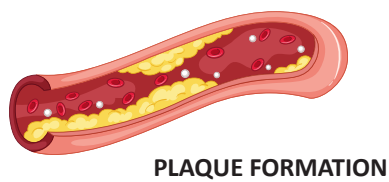
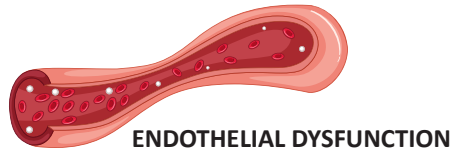
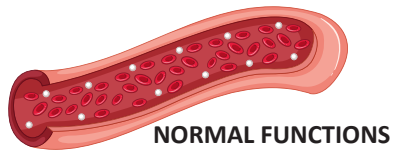
Genetics (inherited)



Lifestyle – being overweight, eating large amounts of high-fat animal foods, and smoking



Medical conditions like diabetes, high blood pressure, thyroid disease, certain types of kidney disease, and the side-effects of some medications



Signs and symptoms



In some cases of severe **Hyperlipidaemia** there may be skin changes, but in most cases it is a silent disease. Screening by means of a blood test, called a lipogram, is necessary to establish the diagnosis.



Risks

Atherosclerosis refers to narrowing of the arteries due to fatty deposits. Since arteries are the blood vessels that carry oxygen all around the body, this narrowing can lead to:



Brain problems – stroke, intracranial haemorrhage (bleeding in or around the brain), and impaired cognitive (intellectual) functioning



Eye problems – various forms of retina damage that lead to impaired vision and/or blindness



Poor circulation (also known as peripheral vascular disease) that can lead to gangrene and amputations



Kidney disease that can lead to kidney failure

Medication



Several types of medication are used:

- Statins are the mainstay of cholesterol treatment today
- Fibrates, Nicotinic Acid, and Cholestyramine are also used, although not as commonly

Treating cholesterol with medication is proven, safe and effective. High cholesterol involves a partnership between you and your doctor(s) – without your active involvement, treatments will be less than optimal, and your health will almost certainly suffer.

Management

Hyperlipidaemia is managed with a combination of lifestyle changes and medication.

LIFESTYLE CHANGES



Low fat – Reduce your overall fat intake to no more than 30% of your calorie intake.

- Do not fry foods and, certainly, never deep-fry foods
- Avoid fast-foods
- Read food labels and choose low-fat options (under 10% fat is a good guide here)
- Reduce red meat and eat more fish & chicken

Quality fat – Not all fat is bad and our bodies need some fats to function properly. Keep things simple:



OMEGA 3

UNSATURATED

SATURATED

TRANS