



Hyperlipidemia

Guide to Good Health

Healthy Living Guide

- ▶ Asthma
- ▶ Chronic Fatigue Syndrome (CFS)
- ▶ Chronic Obstructive Pulmonary Disease (COPD)
- ▶ Coronary Artery Disease (CAD)
- ▶ Depression
- ▶ Hyperlipidemia
- ▶ Hypertension
- ▶ Osteoarthritis (OA)
- ▶ Osteoporosis
- ▶ Type 2 Diabetes
- ▶ Back Pain
- ▶ Chronic Pain
- ▶ Healthy Eating
- ▶ Healthy Pregnancy
- ▶ Rheumatoid Arthritis (RA)
- ▶ Sleep
- ▶ Smoking Cessation
- ▶ Stress Management
- ▶ Weight Management
- ▶ Bariatric Surgery

What is Hyperlipidemia?

It is the presence of raised or abnormal levels of lipids and/or lipoproteins in the blood.

Overview & Facts

- The medical term for high blood cholesterol and triglycerides is “lipid disorder”.
- A lipid disorder increases your risk for atherosclerosis, and thus for heart disease, stroke, high blood pressure (hypertension) and other problems.
- Lipid disorders are more common in men than women.
- Heart disease is the #1 killer of men and women in the United States.

Signs & Symptoms

- ✓ There are often no signs and symptoms of hyperlipidemia. People with high blood cholesterol have a greater chance of getting heart disease. High blood cholesterol on its own does not cause symptoms; so many people are unaware that their cholesterol is too high.
- ✓ Abnormalities are diagnosed by blood test (lipid panel)



Causes

- Being overweight or obese
- Certain medications, including birth control pills, estrogen, corticosteroids, certain diuretics, beta blockers, and certain antidepressants
- Diseases such as diabetes, hypothyroidism, Cushing syndrome, polycystic ovary syndrome, and kidney disease
- Excessive alcohol use

- Fatty diets that are high in saturated fats (found mainly in red meat, egg yolks, and high-fat dairy products) and trans fatty acids (found in commercial processed food products)
- Lack of exercise
- Smoking (which reduces HDL “good” cholesterol)
- Genetic disorder



Risk Factors

- Cigarette smoking
- High blood pressure (140/90 mmHg or higher on blood pressure medication)
- Low HDL cholesterol (less than 40 mg/dl)
- Family history of early heart disease (heart disease in father or brother before age 55; heart disease in mother or sister before age 65)



- Age (men 45 years or older; women 55 years or older)
- Obesity
- Physically inactive
- Have heart disease or diabetes



Questions to Ask Your Provider

1. What is my risk for heart disease?
2. What is my blood pressure? What does it mean for me and what do I need to do about it?
3. What other screening tests do I need to help protect my heart?
4. What can you do to help me quit smoking?
5. What are my cholesterol numbers? (These include total cholesterol, LDL, HDL, and triglycerides.) What do they mean for me and what do I need to do about them?
6. How much physical activity do I need to help protect my heart?
7. What is a heart healthy eating plan for me?
8. What are my body mass index (BMI) and waist measurement? Do they mean that I need to lose weight for my health?
9. What is my blood sugar level and does it mean that I'm at risk for diabetes?

Diagnostic Workup

- Everyone age 20 and older should have their cholesterol measured at least once every 5 years
- The blood test (lipid profile) is done after a 9-12 hour fast:
 - ✓ Total cholesterol
 - ✓ LDL (bad) cholesterol- the main source of cholesterol buildup and blockage in the arteries
 - ✓ HDL (good) cholesterol- helps keep cholesterol from building up in the arteries
 - ✓ Triglycerides- a form of fat in your blood



Treatment and Care

1. Medical

- The main goal of cholesterol-lowering treatment is to lower your LDL and triglyceride level enough to reduce your risk of developing heart disease or having a heart attack. Some medications increase your HDL.
- Maintain blood sugar in the desired range.
- Physicians normally treating hyperlipidemia include:
 - ✓ Pediatricians
 - ✓ Family practitioners
 - ✓ Internal medicine doctors
 - ✓ Cardiologists



2. Pharmacological

- There are several types of drugs available to lower cholesterol, including statins, bile acid sequestrants, nicotinic acid, fibric acid, and cholesterol absorption inhibitors.

3. Emotional/Psychological

- Manage and learn to cope with stress.
- Quit smoking. Smoking leads to reduced blood flow in the arteries; reduced blood flow can lead to heart attack; consider an organized program or ask your doctor about medication to help you quit smoking

4. Physical

- Increasing physical activity. Regular physical activity (30 minutes on most, if not all, days) is recommended for everyone.

5. Nutritional

- Therapeutic Lifestyle Change (TLC). A diet from the National Heart, Lung, and Blood Institute has been proven to lower cholesterol. The diet contains a variety of foods that are low in saturated fat, trans fat, cholesterol, and sodium and high in soluble fiber.
- Weight Management. Losing weight can help lower LDL. Losing just 5-10% of current weight will help lower your risk of heart disease.

Healthy Lifestyle Management

There are steps that everyone can take to improve their cholesterol levels, and help prevent heart disease and heart attack:

- ▶ Eat a heart-healthy diet with plenty of fiber-rich fruits and vegetables. Avoid saturated fats (found mostly in animal products) and trans fatty acids (found in fast foods and commercial bakery products). Choose foods with unsaturated fats. For more information about the TLC diet, go to the NHLBI website listed below.
- ▶ Exercise regularly to help raise your good cholesterol (HDL), keep weight down, and lower blood pressure.
- ▶ Get periodic health checkups and cholesterol screenings
- ▶ Lose weight if you are overweight
- ▶ Do not use tobacco products



Resources

- ❖ National Heart, Lung and Blood Institute: www.nhlbi.nih.gov
 - ✓ “Live Healthier, Live Longer”
 - ✓ “Aim for a Healthy Weight”
 - ✓ “Your Guide to Lowering High Blood Pressure”
 - ✓ “Your Guide to Lowering your Cholesterol with TLC”
- ❖ Centers for Disease Control: www.cdc.gov/tobacco
- ❖ US Department of Agriculture: www.nutrition.gov
- ❖ President’s Council on Fitness, Sports, and Nutrition: www.fitness.gov
- ❖ American Heart Association: www.heart.org
- ❖ National Cancer Institute: www.smokefree.gov
- ❖ US Department of Health and Human Services: www.healthfinder.gov
- ❖ Medline Plus: www.nlm.nih.gov/medlineplus