



認識高血脂

Understanding High Blood Cholesterol

What is high blood cholesterol

When there is too much Cholesterol, triglycerides and other fatty substances in the human blood, plaque will form in blood vessels which affect the speed of blood flow. In serious cases, may lead to clogging of blood vessels.

The effect of cholesterol on body

1. When the amount of cholesterol in blood vessels is low, blood will flow very smoothly.
2. Too much cholesterol will hinder blood flow, leading to heart attack, stroke.
3. When the long term blood fat is too high, the blood supplied to the blood will clog the blood vessel, leading to heart attack.
4. When the blood vessel supplying blood to the brain is clogged, stroke will occur, endangering one's life.
5. When there is too much cholesterol in the body, it will damage the blood vessel walls.
6. The body needs sufficient amount of cholesterol to maintain its proper function, but too much will lead to high blood cholesterol.

Causes of high blood cholesterol

1. The main danger factors for heart attack are food containing too much fat or too little exercise.
2. Those with high blood cholesterol and diabetes family history, will lead to phenomena of high blood cholesterol.
3. Most high blood cholesterol patients need to be treated.
4. There are usually no external symptoms of high blood cholesterol.

What is good cholesterol? What is bad cholesterol?

Cholesterol mainly consisted of Low-density lipoprotein cholesterol (LDL-C) and High-density lipoprotein cholesterol (HDL-C). Low-density lipoprotein cholesterol is also “bad cholesterol”, while high-density lipoprotein cholesterol is called “good cholesterol”. LDL-C is a key factor in causing heart attacks and stroke. Good cholesterol can reduce a portion of the danger of high blood cholesterol symptoms.



Treatment

- 1.If a patient had suffered from Cardiovascular disease, such as: angina pectoris, myocardial infarction, stroke, diabetes, then should take medicine that lower cholesterol, to reduce the chance of heart attack and stroke from happening.
- 2.Quitting smoking, controlling diet, and regular exercises can raise the amount of high-density lipoprotein cholesterol in the body, and lower the bad low-density lipoprotein cholesterol from the blood stream.