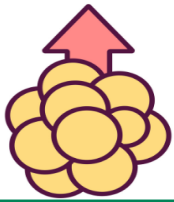


What Is High Cholesterol (Hyperlipidemia) ?



Definition



What Is High Cholesterol ?

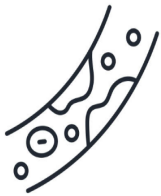
High cholesterol or hyperlipidemia, also known as dyslipidemia is high levels of cholesterol in the blood. The liver makes cholesterol to help digest food and make hormones, but we also consume cholesterol from foods like meat and dairy. Too much cholesterol (High: 240 mg/dL) is not healthy and can cause plugging of the arteries (blood vessels that feed organs), mainly through the bad cholesterol which puts you at risk for a stroke or heart attack. There are three kinds of cholesterol:

Low-density lipoprotein (LDL) bad cholesterol, can clog your arteries. (High: 160-189 mg/dL)

Very low-density lipoprotein (VLDL) is also called bad because it carries triglycerides that add to artery plaque.

High-density lipoprotein (HDL) the good cholesterol, it carries cholesterol to your liver to get rid of it. (needs to be higher than 40 mg/dL for men and 50 for women).

Symptoms



How Does High Cholesterol Present ?

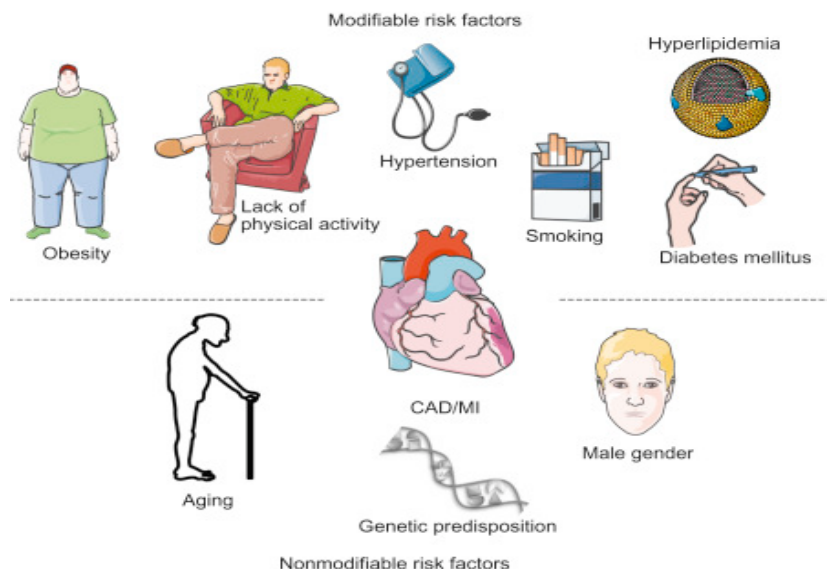
Initially, patients feel normal with no symptoms. People with hereditary very high cholesterol levels may get waxy, fatty plaques on their skin (xanthomas) or cholesterol rings around the iris of their eye (corneal arcus).

Other conditions such as obesity and diabetes have a link to high cholesterol, and may prompt your doctor to evaluate your cholesterol level. After time, plaque build-up can slow down or stop blood flow to your heart, brain or other organs causing coronary artery disease, angina, stroke, heart attack or peripheral vascular disease.

Risk Factors



What Are Risk Factors For High Cholesterol ?



Causes



What Are The Causes Of High Cholesterol ?

Common Causes:
Smoking.
Drinking a lot of alcohol.
Eating fatty foods
Sitting too much
Being stressed.
Inheriting genes.
Being overweight.

Some medications can make your cholesterol levels fluctuate:
Beta-blockers.
Diuretics.
Hormonal birth control.
Steroids.
Antiretrovirals for HIV.

Medical problems can also affect cholesterol levels:
Liver or Pancreas disease.
Multiple myeloma, Lupus.
Polycystic ovary syndrome.
Hypothyroidism or Diabetes.
Primary biliary cholangitis.
Chronic kidney disease, HIV.

Result



What Are The Consequences Of High Cholesterol ?

Somehow, you can live and manage with hyperlipidemia. But if it is not diagnosed and treated early, it can cause other severe and life-threatening medical problems such as;
Stroke
Heart attack
Heart failure
Sudden cardiac arrest
Death

Treatment



How Do We Manage Hyperlipidemia ?

