

Notes

Eat Better

A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy - for life!



Lose Weight

When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton. You give yourself the gift of active living, you lower your blood pressure and you help yourself feel better, too.



Stop Smoking

Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.



Target Chart

HDL	> 45 mg%
Triglyceride	< 150 mg%
Total Cholesterol	< 200 mg%
LDL	< 100 mg%

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HYPERLIPIDEMIA

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A basic introduction to cholesterol

Why cholesterol matters

Cholesterol circulates in the blood, and as blood cholesterol levels rise, so does the risk to your health. That's why it's important to have your cholesterol tested so you can know your levels.

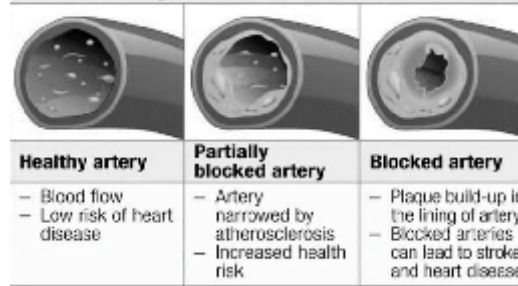
There are actually two types of cholesterol: "bad" and "good." LDL cholesterol is the bad kind. HDL is the good kind. Too much of the bad kind - or not enough of the good kind - increases the chances that cholesterol will start to slowly build up in the inner walls of arteries that feed the heart and brain. We talk more about these two kinds of cholesterol here: [LDL](#), [HDL](#) and [Triglycerides](#).

For now, think of LDL cholesterol as being like a family member who carries stuff all through the house and drops it along the way. (If you recognize or live with this person, sorry!) HDL cholesterol is like someone who picks up the dropped stuff and puts it away. This (good!) person helps keep the house from becoming impassable.

Together with other substances, cholesterol can form a thick, hard deposit that can narrow the arteries and make them less flexible. This condition is known as [atherosclerosis](#). If a clot forms and blocks a narrowed artery, a heart attack or stroke can result.

High cholesterol is one of the major controllable risk factors for [coronary heart disease](#), [heart attack](#) and [stroke](#). If you have other risk factors such as [smoking](#), [high blood pressure](#) or [diabetes](#), this risk increases even more. The more risk factors you have and the more severe they are, the more your overall risk rises.

What do your arteries look like?



Causes of high cholesterol

- Sedentary lifestyle
- Family history
- Lack of exercise
- Bad diet habits
- Smoking, Alcohol
- Obesity

Lifestyle Changes

The four lifestyle changes you may be asked to make are :

- Eating a heart-healthy diet
- Regular exercise
- Avoiding tobacco smoke
- Losing weight (if you're overweight or obese)

Eating a heart-healthy diet



Live better with Life's Simple 7. Know your heart score. About Life's Simple 7

Manage Blood Pressure

High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.



Control Cholesterol

High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages.



Reduce Blood Sugar

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.



Get Active

Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life.

