

SUPRA HOME HEALTH, INC.

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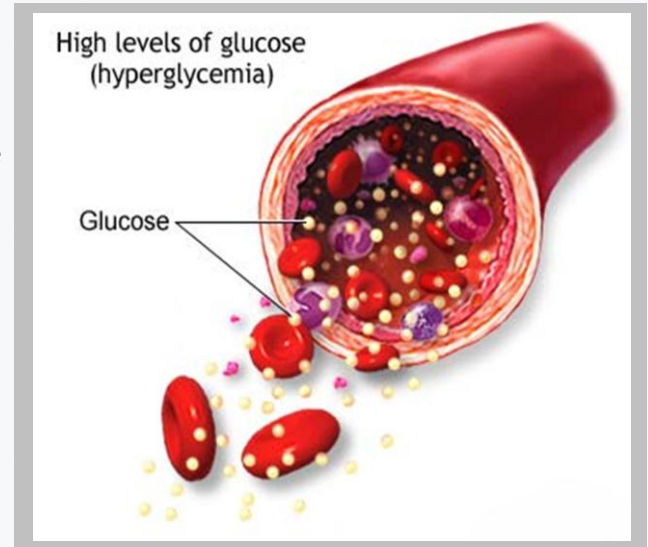
HYPERLIPIDEMIA

WHAT IS HYPERLIPIDEMIA?

Hyperlipidemia is an elevation of lipids (fats) in the bloodstream. These lipids include cholesterol, cholesterol esters, phospholipids and triglycerides. They're transported in the blood as part of large molecules called lipoproteins. Lipids (fat-soluble molecules) are transported in a protein capsule, and the size of that capsule, or lipoprotein, determines its density.

These are the five major families of blood (plasma) lipoproteins:

- chylomicrons
- very low-density lipoproteins (VLDL)
- intermediate-density lipoproteins (IDL)
- low-density lipoproteins (LDL)
- high-density lipoproteins (HDL)



Hyperlipidemias may also be classified directly into which types of lipids are elevated, that is hypercholesterolemia, hypertriglyceridemia or both in combined hyperlipidemia. Elevated levels of Lipoprotein(a) may also be classified as a form of hyperlipidemia. A lipid disorder increases your risk for atherosclerosis, and thus for heart disease, stroke, high blood pressure (hypertension), and other problems.

There are many types of cholesterol. The ones talked about most are:

- Total cholesterol - all the cholesterol combined
- High density lipoprotein (HDL) cholesterol - often called "good" cholesterol
- Low density lipoprotein (LDL) cholesterol - often called "bad" cholesterol

There are several genetic disorders (passed down through families) that lead to abnormal levels of cholesterol and triglycerides. They include:

- Familial combined hyperlipidemia
- Familial dysbetalipoproteinemia
- Familial hypercholesterolemia
- Familial hypertriglyceridemia

Abnormal cholesterol and triglyceride levels may also be caused by:

- Being overweight or obese. See: Metabolic syndrome
- 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 and sedentary lifestyle
- Smoking (which reduces HDL "good" cholesterol)

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HOW IS HYPERLIPIDEMIA DIAGNOSED?

Tests to diagnose a lipid disorder may include:

- HDL test
- LDL test
- Lipoprotein-a analysis
- Total cholesterol test
- Triglyceride test

HOW IS HYPERLIPIDEMIA TREATED?

The most commonly used and most effective drugs for treating high LDL Treatment depends on your age, health history, if you smoke, and other risk factors for heart disease, such as:

- Diabetes
- Poorly controlled high blood pressure
- Family history of heart disease

The recommended values for adults are different depending on the above risk factors, but in general:

- LDL: 70-130 mg/dL (lower numbers are better)
- HDL: more than 40-60 mg/dL (high numbers are better)
- Total cholesterol: less than 200 mg/dL (lower numbers are better)
- Triglycerides: 10-150 mg/dL (lower numbers are better)

There are steps that everyone can take to improve their cholesterol levels, and help prevent heart disease and heart attack. Here are the most important ones:

- 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 commercially baked products). Instead, choose unsaturated fats
- Exercise regularly to help raise your HDL ("good" cholesterol)
- Get periodic health checkups and cholesterol screenings
- Lose weight if you are overweight
- Quit smoking

If lifestyle changes do not change your cholesterol levels enough, your doctor may recommend medication. There are several types of drugs available to help lower blood cholesterol levels, and they work in different ways. Some are better at lowering LDL cholesterol, some are good at lowering triglycerides, while others help raise HDL cholesterol.

cholesterol are called statins. You doctor will choose one of these: lovastatin (Mevacor), pravastatin (Pravachol), simvastatin (Zocor), fluvastatin (Lescol), atorvastatin (Lipitor), rosuvastatin (Crestor).

Other drugs that may be used include bile acid sequestering resins, cholesterol absorption inhibitors, fibrates, and nicotinic acid (niacin).