

Cholesterol Health

Where does cholesterol come from?

Most of your cholesterol is made by your body, in your liver, and small amounts come from food sources.

Why is cholesterol required?

Cholesterol is a type of lipid that your body uses to:

- make and repair cell walls
- make bile acid (which is needed to digest fats)
- make hormones (testosterone and oestrogen)

TARGETS	general population	high risk individuals
VLDL		
LDL	<2.0mmol/L	<1.8mmol/L
HDL	>1.0mmol/L	
Total Cholesterol	<5.5mmol/L	<4.0mmol/L
Triglycerides	<2.0mmol/L	

Targets can be different for different people. Always check with your GP to see which targets are appropriate for you

There are no symptoms associated with high cholesterol: High cholesterol is detected through a blood test.

Very low-density lipoproteins: created in the liver to transport triglycerides

Low-density lipoproteins: transports cholesterol through body nicknamed "bad cholesterol as it can build up in artery walls

High-density lipoproteins: known as "good cholesterol", it takes excess cholesterol to the liver to be broken down

Total Cholesterol: measurement includes both LDL and HDL

Triglycerides: another type of fat in the blood, transported to be stored as fat cells for energy. High levels are linked to deposits in the arteries.

Risk of high cholesterol: If cholesterol builds up in the blood vessels, the vessel will narrow and it will be difficult for blood to flow through the arteries properly. Occasionally a deposit may break and form a clot, which may lead to a heart attack or stroke.

What causes high cholesterol?

Many factors may contribute to the development of high cholesterol, including:

- Genetics
- Inflammation
- Stress
- Diets high in saturated fat (esp from animal origin)
- Obesity
- Sedentary lifestyle

Some medical conditions can contribute to high cholesterol, such as chronic kidney disease, diabetes, hypothyroidism, Lupus

How is high cholesterol treated?

Diet and lifestyle modifications are the cornerstone for managing high cholesterol. If these changes are not enough, or you have high risk factors for cardiovascular disease, your GP may prescribe medication to help lower your cholesterol.



Cholesterol

Modifications to your diet and lifestyle are essential to managing your cholesterol.

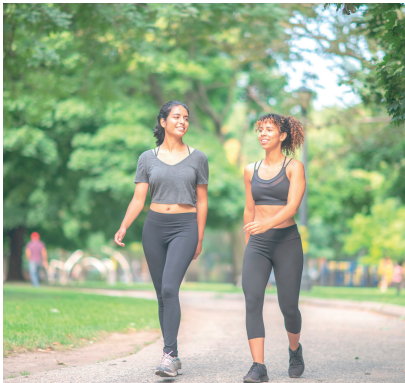
The following suggestions will help you to reduce your cholesterol, support your cardiovascular health, and reduce your risk of cardiovascular events.

DIET MODIFICATION



- The Mediterranean Diet has been shown to support healthy heart function by reducing inflammation and total cholesterol
- Minimise sodium intake by avoiding added salt and reducing processed and takeaway foods
- Reduce intake of sugary foods and beverages, saturated fats (especially from animal sources) and trans fats
- Increase intake of soluble fibre
- Include oats in your diet for the betaglucan benefits on cardiovascular health

LIFESTYLE CHANGES



- Exercise can increase HDL - enjoy 30 minutes of moderate intensity most days of the week
- Stop smoking to prevent further damage to blood vessels, lower blood pressure and reduce the risk of clotting
- Maintain a BMI in the healthy weight range by losing weight if necessary
- Limit alcohol intake and drink only in moderation
- Implement stress management practices to calm the sympathetic nervous system

NATURAL MEDICINE



Consult with your naturopath for personalised advice on how nutritional supplements and herbal medicine can aid in healthy cholesterol management

- Nutritional supplementation can correct deficiencies and support a healthy cardiovascular system
- Botanical medicine can provide cardioprotective, anti-inflammatory and cholesterol lowering actions.

Always take your medications as prescribed and consult with your doctor to monitor your cholesterol

