

## High cholesterol level

Cholesterol is a type of lipid found in blood. The body needs cholesterol as a source of energy.

High levels of low-density lipoprotein (LDL), or "bad" cholesterol, increase the risk of arteriosclerosis, while high levels of high-density lipoprotein (HDL), or "good" cholesterol, protect you from arteriosclerosis. This is because HDL picks up excess cholesterol from the lining of the arteries.

### Symptoms:

High cholesterol has no symptoms. A blood test is used to know the level of cholesterol in blood.

### Risk Factors:

Factors that may increase your risk of unhealthy cholesterol levels include:

- **Age.** Even young children can have unhealthy cholesterol, but it's much more common in people over 40.
- **Poor diet.** Eating too much saturated fat or trans fats can result in unhealthy cholesterol levels. Saturated fats are found in fatty cuts of meat and full-fat dairy products. Trans fats are often found in packaged snacks or desserts.
- **Obesity.** Having a body mass index (BMI) of 30 or greater puts you at risk of high cholesterol.
- **Lack of exercise.** Exercise helps boost your body's HDL, the "good," cholesterol.
- **Smoking.** Cigarette smoking may lower your level of HDL, the "good," cholesterol.
- **Alcohol.** Drinking too much alcohol can increase your total cholesterol level.





**Treatment:**

Treatment includes taking medication to lower LDL-C in your blood to desired levels in addition to protecting your arteries from atherosclerosis.

Life style modification includes healthy diet and regular exercise (will not be sufficient alone in many cases)

