

Cholesterol and Heart Disease

Cholesterol

Cholesterol is a fat-like substance made by your liver and found in the food you eat. Your total cholesterol (lipid) blood test value contains three parts:

- HDL, high density lipoprotein, cholesterol (This is known as the “good” cholesterol.)
- LDL, low density lipoprotein, cholesterol (This is known as the “bad” cholesterol.)
- triglycerides (This is fat digested from foods that are released into your bloodstream. It either gives your body energy or is stored as fat.)

The Importance of LDL and HDL

When too much LDL (the “bad” cholesterol) builds in your artery walls, plaque forms and can decrease blood flow in vessels leading to your heart, legs and brain. This can cause heart disease, peripheral vascular disease and strokes.

HDL (the “good” cholesterol) helps to get rid of extra cholesterol from your blood and tissues. Higher levels of HDL may protect your heart.

Cholesterol Screenings

A cholesterol screening (lipid blood test) is a good way to check your blood cholesterol levels.

Roj Cholesterol thiab Kab Mob Plawv

Roj Cholesterol

Roj Cholesterol yog ib hom zoo li nqaij rog uas koj lub siab tsim thiab kuj nrhiav tau rau hauv zaub mov uas koj noj. Koj tus lej cholesterol rau hauv ntshav muaj peb feem:

- HDL, muaj lipoprotein ntau, roj cholesterol (Nov yog hom roj cholesterol “zoo”).
- LDL, muaj lipoprotein tsis ntau, roj cholesterol (Nov yog hom roj cholesterol “tsis zoo”).
- triglycerides (Nov yog roj ntawm zaub mov uas twb noj lawm uas nyob hauv koj cov ntshav. Yuav pab koj lub cev muaj zog los yog muab khaws cia ua nqaij rog.)

Qhov tseem ceeb ntawm LDL thiab HDL

Thaum muaj LDL ntau dhau (uas yog hom “tsis zoo”) rau hauv koj cov hlab ntsha, yuav kom muaj quav roj rau haud thiab ua kom ntshav ntws tsis tau mus rau koj lub plawv, txhais ceg thi-ab lub hlwb. Nov ua kom muaj kab mob plawv, kab mob tes taw thiab mob stroke.

HDL (uas yog hom cholesterol “zoo”) yuav pab tshem roj cholesterol seem tshuav ntawm koj cov ntshav thiab koj cov nqaij. Yog muaj HDL ntau ces yuav pab tiv thaiv koj lub plawv.

Kev Kuaj rau Roj Cholesterol

Kev kuaj rau roj cholesterol (kuaj ntshav) yog ib txoj kev zoo kom kuaj seb muaj roj cholesterol ntau npaum li cas rau hauv ntshav.

The American Heart Association recommends a cholesterol screening every 4 to 6 years, starting at age 20.

Your health care provider may recommend other testing or treatment if you have are at an increased risk for heart disease or stroke, such as:

- age
- family history of heart disease
- high blood pressure
- diabetes
- low HDL and/or high LDL
- smoking.

Heart Disease Risk Factors

Check the box for each risk factor that applies to you. Give yourself 1 point for check.

Age and sex	
■ Males age 45 or older	
■ Females age 55 or older	
Family history of heart disease	
■ Father or brother younger than age 55	
■ Mother or sister younger than age 65	
Cigarette smoking	
High blood pressure	
HDL ("good") cholesterol	
■ Males: less than 40 mg/dL	
■ Females: less than 50 mg/dL	
Diabetes	

Your total number of risk factors: _____

If your HDL is more than 60 mg/dL, subtract one from your score.

Your final score: _____

Lub koom haum American Heart Association yaum kom kuaj roj cholesterol txhua 4 mus rau 6 xyoo, es yuav pib thaum muaj 20 xyoo.

Tej zaum koj tus kws kho mob yuav yaum kom ua lwm yam kuaj ntsuas yog hais tias koj muaj feem raug kab mob plawv los yog mob stroke, xws li yog koj:

- laus me ntsis
- tsev neeg muaj kab mob plawv
- los ntshav siab
- ntshav qab zib
- muaj HDL tsawg tsawg
- thiab/los sis muaj LDL ntau
- los haus luam yeeb.

Cov Kev Pheej Hmoo Rau Kab Mob Plawv

Khij lub thawv nyob ntawm sab xis rau txhua hom pheej hmoo uas phim koj. Suav 1 tug lej rau txhua qhov khij.

Hnub nyoog thiab poj niam los txiv neej	
■ Txiv neej muaj 45 xyoo rov saud	
■ Poj niam muaj 55 xyoo rov saud	
Tsev neeg zaj keeb kwm muaj kab mob plawv	
■ Leej txiv los yog kwv tij uas hluas dua 55	
■ xyoo Leej niam los muam uas hluas dua 65	
Haus luam yeeb	
Ntshav Siab	
HDL (hom "zoo") cholesterol	
■ Txiv neej: tsawg dua 40 mg/dL	
■ Poj niam: tsawg dua 50 mg/dL	
Ntshav qab zib	

Koj muaj pes tsawg qhov pheej hmoo: _____

Yog koj tus lej HDL ntau tshaj 60 mg/dL, ces rho ib tug lej ntawm tag nrho cov kev pheej hmoo uas koj muaj.

Koj tus lej tag nrho: _____

Your LDL Goals

Guidelines for LDL are based on your overall risk for heart disease. If you have diabetes or heart disease, consider taking a statin medicine to protect your arteries. Talk with your health care provider about your LDL goal.

Your Test Results

Test	Date	Result	Goal
Total cholesterol			
HDL			
LDL			
Triglycerides			

How To Improve Your Cholesterol

The following tips can help to decrease your LDL (the “bad” cholesterol) and increase your HDL (the “good” cholesterol):

Decrease LDL

- Lose weight if you are overweight.
- Lower the saturated fat in your diet.
- Eat at least 5 servings of fruits and vegetables every day.
- Add more fiber to your diet.

Increase HDL

- Lose weight if you are overweight.
- Stop smoking if you smoke.
- Get at least 150 minutes of physical activity each week.

Koj Cov Hom Phiaj rau LDL

Cov lus qhia rau LDL nyob ntawm seb koj muaj kev pheej hmoo dab tsi rau kab mob plawv. Yog koj muaj ntshav qab zib los yog kab mob plawv lawm, ces tej zaum koj yuav tau siv tshuaj statin kom tiv thaiv koj cov hlab ntsha. Nrog koj tus kws kho mob tham txog koj lub hom phiaj rau LDL.

Kev Kuaj Ntsuas Tej Xwm Nrhiav

Kev Kuaj Ntsuas	Hnub Tim	Tej Xwm Nrhiav	Lub Hom Phiaj
Roj cholesterol tag nrho			
HDL			
LDL			
Triglycerides			

Yuav Ua Li Cas Kom Kho Koj Qhov Cholesterol

Cov lus sam xeeb nram qab no yuav pab koj txo koj qhov LDL (hom cholesterol “tsis zoo”) thi-ab ntxiv qhov HDL (hom cholesterol “zoo”):

Txo Qhov LDL

- Xiam rog yog koj hnyav dhau.
- Noj khoom muaj rog tsawg zog.
- Noj ntau dua 5 qho zaub thiab txiv hmab txiv ntoo txhua hnub.
- Noj fiber ntau zog.

Ntxiv Qhov HDL

- Xiam rog yog koj hnyav dhau.
- Txiav luam yeeb yog koj haus.
- Es xaws xais ntau dua 150 feeb txhua lub lim tiam.

