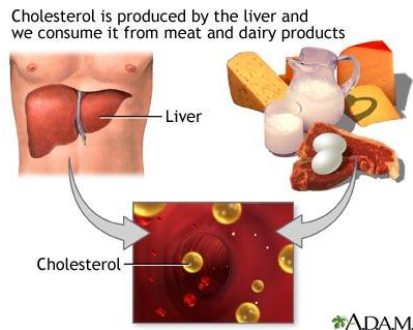


Hypercholesterolemia

What: Hypercholesterolemia is the medical term for high blood cholesterol and triglycerides. This occurs when you have too many fatty substances, such as cholesterol and triglycerides, in your blood. Tests to diagnose a lipid disorder may include:

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



Cholesterol is a waxy, fat-like material that is found in all parts of the body. It comes from two sources: our liver produces it, and we consume it in meat and dairy products.

<https://health.google.com/health/ref/graphic/19269>

Who: People who would need to get checked would depend on your age, health history, if you smoke, and other risk factors for heart disease, such as:

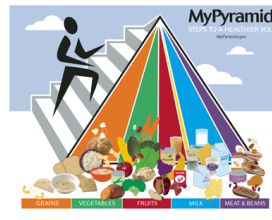
- Diabetes
- Poorly controlled high blood pressure
- Family history of heart disease

Normal Values: 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)

Treatments: 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



<http://www.soc.ucsb.edu/sexinfo/images/05-08-exercise.jpg>

http://userwww.sfsu.edu/~nsa/uploaded_images/foodpyramid-700680-791077.gif

<http://sdlpyouth.com/news/wp-content/uploads/2009/03/nosmoke.png>

If lifestyle changes do not change your cholesterol levels, 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.

<https://health.google.com/health/ref/High+blood+cholesterol+and+triglycerides>

<http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=gao&docid=f:pe95008.pdf>

[http://www.healthline.com/adamcontent/familial-](http://www.healthline.com/adamcontent/familial-hypercholesterolemia)

[hypercholesterolemia?utm_medium=google&utm_source=cholesterol&utm_campaign=adam&utm_term=hypercholesterolemia&esvcid=S1266642907_ADOGOE_AGI3763414_ADI5214456_TRMaHlwZXJjaG9sZXN0ZXJvbGVtaWE%3d_RFDd3d3Lmdvb2dsZS5jb20%3d_RAWaHlwZXJjaG9sZXN0ZXJvbGVtaWE%3d](http://www.healthline.com/adamcontent/familial-hypercholesterolemia?utm_medium=google&utm_source=cholesterol&utm_campaign=adam&utm_term=hypercholesterolemia&esvcid=S1266642907_ADOGOE_AGI3763414_ADI5214456_TRMaHlwZXJjaG9sZXN0ZXJvbGVtaWE%3d_RFDd3d3Lmdvb2dsZS5jb20%3d_RAWaHlwZXJjaG9sZXN0ZXJvbGVtaWE%3d)