



Hyperlipidemia 高脂血症

Excess cholesterol and fatty substances, triglyceride (TG), in the bloodstream is deemed hyperlipidemia. When the cholesterol level is too high, it is easier to incur atherosclerosis, which increases the opportunity of getting coronary artery disease; also, when the triglyceride level exceeds 500mg/dl, it is easier to incur pancreatitis. While the level of high-density lipoprotein cholesterol increases, it provides protection to atherosclerosis and coronary artery disease.

Classification of blood lipids: The blood lipids include cholesterol and triglyceride.

What is cholesterol?

Cholesterol is one of the major components of the cell membrane, and the precursor substance for compound sexual hormone, and corticosteroid and bile acid. It is easy to be deposited around vessel wall and further incur arteriosclerosis.

What is triglyceride?

Triglyceride is the main energy source in the body. Excess intake of fat, carbohydrate and heavy drinking will increase triglyceride level in the body; and excess triglyceride will be accumulated in the liver and result in the formation of fatty liver.

Serum Levels of Cholesterol and TG for Adults

Type	Ideal	Borderline	High risk
Cholesterol (Non-fasting)	<200 mg/dl	200~239 mg/dl	>240 mg/dl

Triglyceride (Fasting 12 hours)	<200 mg/dl	200~400 mg/dl	>400 mg/dl
LDL-cholesterol	<130 mg/dl	130~159 mg/dl	>160 mg/dl
HDL-cholesterol (Fasting 12 hours)	man > 40 mg/dl woman > 50 mg/dl		man < 40 mg/dl woman < 50 mg/dl

LDL: low-density lipoprotein; HDL: high-density lipoprotein

Dietary guidelines for hypercholesterolemia

1. Maintain ideal body weight, exercise regularly, restrict total caloric intake, and avoid monosaccharide and excess lipids.
2. Restrict total intake of lipids.
3. Select monounsaturated oil such as rapeseed oil, olive oil, arachis oil; and polyunsaturated oil like: sunflower oil, soybean oil, corn oil or safflower oil; and avoid saturated oil like: coconut oil, palm oil, walnut oil, pork fat, and cattle fat.
4. Avoid high cholesterol foods such as crab, shrimp, and fish roe.
5. Increase the intake of high-fiber foods such as vegetables and fruits.

Dietary guidelines for hypertriglyceridemia

1. Maintain ideal body weight and control your calorie intake.
2. Intake more polysaccharide related foods, such as grains or millets, do avoid monosaccharide or disaccharide foods like: sucrose or honey, and excessive drinking.
3. Intake more fish which contains DHA and EPA, like: Pacific saury, salmon, and silver pomfret.

Unless your cholesterol is dangerously high, lifestyle modifications are recommended as the first line of treatment.

1. Weight Loss: losing weight can help bring your good (HDL) cholesterol up and your bad (LDL) cholesterol down.
2. Exercise: moderate activity like: brisk; walking can help lower triglycerides, while vigorous exercise, like: running, can boost HDL.
3. Quit Smoking: research shows that giving up cigarettes can increase a person's HDL-cholesterol by 4 mg/dL on average and it is good

for your heart.

若有任何疑問，請不吝與我們聯絡
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