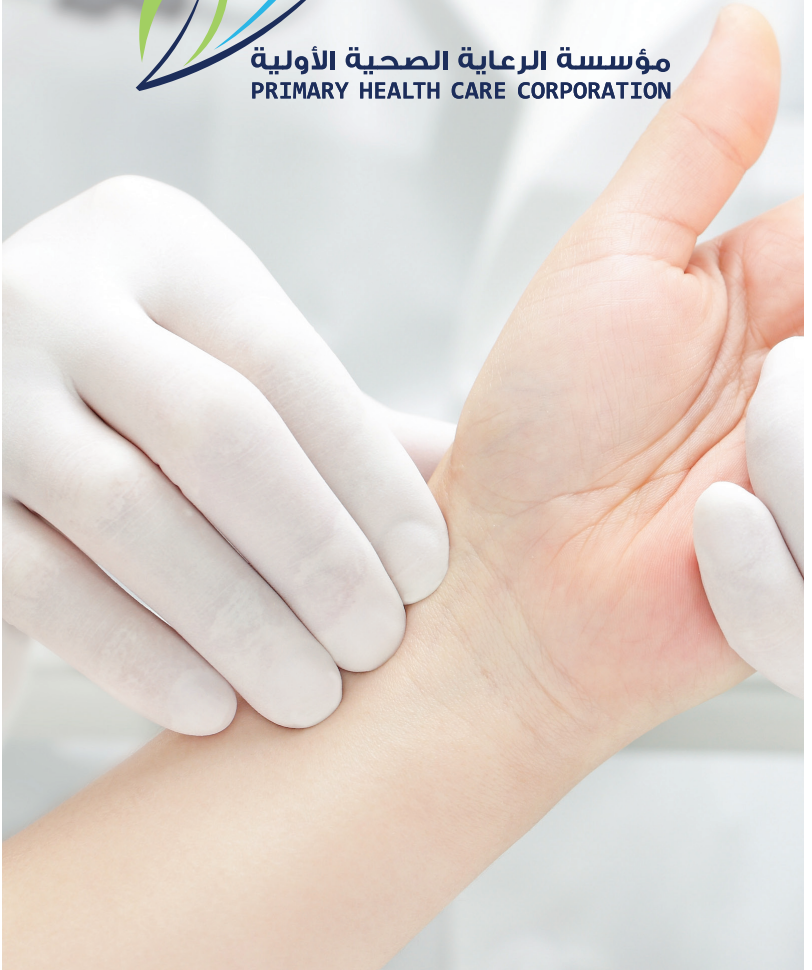




مؤسسة الرعاية الصحية الأولية  
PRIMARY HEALTH CARE CORPORATION



# Cholesterol



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**Definition of Cholesterol:** A waxy substance produced by the body and found in animal-based foods.

Cholesterol is found in the body as HDL (High Density Lipoproteins) or LDL (Low Density Lipoproteins) cholesterol. People need some cholesterol to stay healthy, but too much LDL cholesterol can lead to health problems. Below is a brief overview of the causes, symptoms and treatments.

The liver and other cells in the body produce about 75 percent of the cholesterol in the blood. The other 25 percent comes from our diet, according to the American Heart Association.

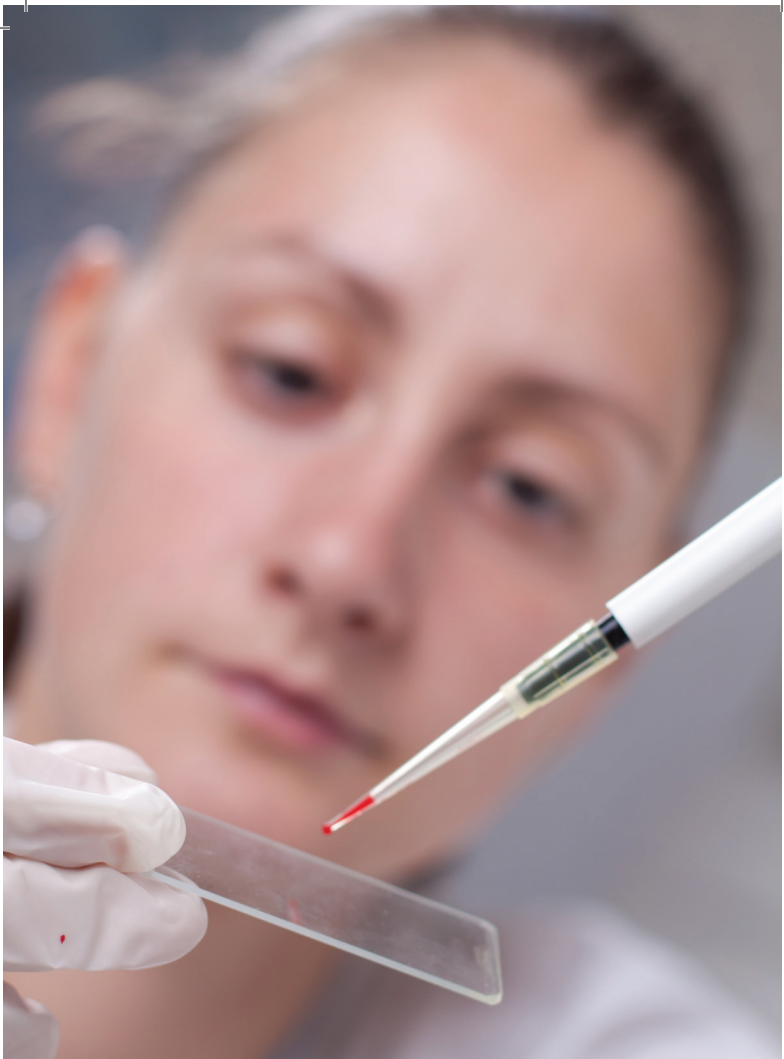
# What Is High Blood Cholesterol?

High blood cholesterol is a condition in which you have too much cholesterol in your blood. By itself, the condition usually has no signs or symptoms. Thus, many people don't know that their cholesterol levels are too high. Two kinds of lipoproteins carry cholesterol throughout your body: low-density lipoproteins (LDL) and high-density lipoproteins (HDL). Having healthy levels of both types of lipoproteins is important.

## Cholesterol Level Indicator:

- Desirable <200 mg/dL or ( <5.1 mmol/L)
- Borderline High 200-239 mg/dL or ( 5.1-6.1 mmol/L)
- High Cholesterol 239 mg/dL or ( >6.1 mmol/L)





## Signs & Symptoms:

There are no symptoms of high cholesterol, which is why regular screenings are important. High levels of LDL cholesterol can lead to plaque buildup in arteries and increase a person's risk for heart disease and heart attack.

# Risk Factors

Although high cholesterol is a frequent finding in all demographic groups that follow Western diets, it occurs somewhat more commonly in men.

Additional risk factors include:

- Family history.
- Diets high in total fat, saturated fat, and cholesterol.
- Diabetes mellitus.
- Chronic kidney disease: Kidney disease is associated with hypertriglyceridemia.
- Hypothyroidism.
- Obesity: Excess weight is associated with increased total cholesterol, LDL, and triglycerides, as well as with decreased levels of HDL.
- Physical inactivity.
- Steroid use.
- Smoking: Cigarette smoking lowers HDL levels and is a risk factor for cardiovascular disease.

# High-Cholesterol Prevention

The best way to prevent high cholesterol is the same way to treat high cholesterol - leading a healthy lifestyle. By:

- Regular exercise - 30 to 60 minutes a day
- A smoke-free lifestyle is also an important method to prevent high cholesterol
- Losing weight,
- Eliminating Trans fats
- No alcohol
- Eating foods that are low in saturated fats, such as:
  - o Eating whole grains.
  - o Fruits.
  - o Vegetables.
  - o Fish.



## Treatment & Remedies:

The primary treatment for high cholesterol combines regular exercise, a healthy diet and weight loss if needed. Doctors may prescribe pills if lifestyle changes alone aren't enough to lower cholesterol levels. Thus, if you are facing any of the symptoms mentioned here, we urge you to see your physicians at your respective health centers as soon as possible.

**Primary Health Care Corporation** plays important role in achieving better health and well-being for the people of Qatar. PHCC is devoted to comprehensive health care for people of all ages by providing continuing and broad health care for the individual and family across all ages, genders, diseases, and parts of the body. With Primary Health Care Corporation on your side you have a partner to guide you and help you manage your health.



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