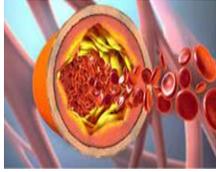


Cholesterol



Cholesterol is a waxy substance found in the blood that the body needs to form healthy cells. A person with high cholesterol is likely to develop fatty deposits in the blood vessels. Over time, these deposits grow and make it difficult for blood to flow through the arteries. The deposits can break off and create a clot, causing a heart attack or stroke.

Symptoms

Elevated cholesterol levels have no symptoms. The only way to detect it is with a blood test.

Causes

Cholesterol is transported in the blood, bound to proteins. The binding of proteins and cholesterol is known as lipoprotein. There are different types of cholesterol, which are transported in the lipoprotein. These are:

- **Low-density lipoprotein (LDL).** Known as “bad,” it transports the accumulation of LDL cholesterol particles throughout the body. It accumulates in the walls of the arteries, causing them to harden and narrow.
- **High-density lipoproteins (HDL).** Known as “good,” it collects excess cholesterol and carries it back to the liver, where it is broken down and eliminated.

Triglycerides are a type of fat in the blood. It is worth mentioning that having a high level of triglycerides can increase the risk of heart disease.

Diagnosis

The diagnosis is made through a blood test. Here is how to interpret the results of the analysis.

Total cholesterol	Results
Less than 200 mg/dL	Desirable
200-239mg/dL	Upper limit
240 mg/dL o más	High

Risk Factors

The risk factors that can increase the probability of suffering from high cholesterol levels are obesity, poor diet, age, sedentary lifestyle, and alcohol, among others.

Prevention

Healthy lifestyle changes help to avoid high cholesterol. Some recommendations are physical activity, healthy eating, stress control, reducing alcohol consumption, quitting smoking, among others.



Social and Emotional Aspects

For recommendations, tools and resources on how you and your family can cope with emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health: 787-641-9133

References

<https://medlineplus.gov/spanish/cholesterollevelswhatyouneedtoknow.html>
<https://www.mayoclinic.org/es/diseases-conditions/high-blood-cholesterol/symptoms-causes/syc-20350800#:~:text=EI%20colesterol%20es%20una%20sustancia,grasos%20en%20los%20vaos%20sangu%C3%ADneos.>

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