



Cholesterol

Cholesterol is a waxy substance found in your blood. Your body needs cholesterol to build healthy cells, but high levels of cholesterol can increase your risk of heart disease.

With high cholesterol, can develop fatty deposits in blood vessels. These deposits grow, making it difficult for enough blood to flow through your arteries. Sometimes, those deposits can break suddenly and form a clot that causes a heart attack or stroke.

Symptoms

High cholesterol has no symptoms. A blood test is the only way to detect.

Causes

Cholesterol is carried through the blood, attached to proteins. This combination of proteins and cholesterol is called a lipoprotein. There are different types of cholesterol, based on what the lipoprotein carries. These are:

- **Low-density lipoprotein (LDL).** LDL is known as the "bad" cholesterol, transports cholesterol particles throughout your body. LDL cholesterol builds up in the walls of your arteries, making them hard and narrow.
- **High-density lipoprotein (HDL).** HDL, is the "good" cholesterol, picks up excess cholesterol and takes it back to your liver.



Triglycerides are a type of fat in the blood. Having a high triglyceride level, also, can increase your risk of heart disease.

Diagnostic

- Blood test to check cholesterol levels. To interpret test results, use the general guidelines.

Total cholesterol	Resultados
Less than 200 mg/dL	Desirable
200-239mg/dL	At the upper limit
240 mg/dL or more	High

Prevention

- Get regular physical activity
- Healthy diet and moderate consumption
- Reduce fats of animal origin
- Keep a healthy weight
- Reduce tobacco and alcohol consumption

Treatment

- Make lifestyle changes.
- If cholesterol levels remain high, the doctor may prescribe medication.

Social and Emotional Aspect

For recommendations, tools, and resources how you and your family can manage emotional and physical concerns that may present during and after their medical treatment, please visit your primary care physician or contact the following telephone lines:

First Health Call

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133