

Cholesterol

Cholesterol is a fatty substance that your body needs to work. It is made in the liver and found in food that comes from animals, such as meat, eggs, milk products, butter, and lard.

Too much cholesterol in your blood can be harmful to your body and can increase your risk for heart disease. You are at risk for high blood cholesterol if:

- Your body makes too much cholesterol
- You eat food high in saturated fats and cholesterol
- You have diabetes, low thyroid level called hypothyroidism, or kidney disease

There are 3 main types of fats in your blood:

- High Density Lipoproteins (HDL): This “good” cholesterol takes extra cholesterol in your blood back to your liver so your body can get rid of it.
- Low Density Lipoproteins (LDL): This “bad” cholesterol in your blood builds up in your blood vessels. This can cause your vessels to narrow, making it hard for blood to flow.
- Triglycerides: Eating too many **carbohydrates** can increase your triglyceride level.

Blood fats are measured by a blood test. Your results will tell you:

Your total cholesterol blood level

- A healthy level is less than 200.
- If your total cholesterol is above 200, your doctor will check your HDL, LDL and triglycerides.

Your HDL blood cholesterol level

This is the “good” cholesterol: the higher the number, the better.

- A healthy level is 60 and above.
- Talk to your doctor about treatment if your level is less than 40.

膽固醇

膽固醇是一種您的身體需要用於運作的脂肪物質。它由肝臟製造，來自動物食品，例如肉、蛋、乳製品、黃油和豬油。

您血液中如有太多膽固醇，可能對您的身體有害，也可能增加您罹患心臟病的風險。如有下列情形，您有高血液膽固醇的風險：

- 您的身體製造太多膽固醇
- 您食用含高飽和脂肪和膽固醇的食物
- 您有糖尿病、有稱為甲狀腺功能減退的低度甲狀腺或腎病

您的血液中主要有 3 種脂肪：

- **高密度脂蛋白(HDL)**：這種“好”膽固醇將您血液中多餘的膽固醇帶回您的肝臟，因此您的身體能將其清除。
- **低密度脂蛋白(LDL)**：您血液中的這種“壞”膽固醇在您的血管中積聚。這能引起您的血管變窄，使血液難以流動。
- **甘油三酸酯**：吃太多**碳水化合物**能增加您的甘油三酸酯水平。

血脂由驗血測定。您的結果將使您知道：

您的血液總膽固醇濃度

- 健康濃度是低於 200。
- 如果您的總膽固醇高於 200，您的醫生將檢查您的高密度膽固醇、低密度脂蛋白和甘油三酸酯。

您的 HDL 膽固醇血液濃度

這是“好”膽固醇：數目越高越好。

- 健康濃度是 60 和 60 以上。
- 如果您的濃度低於 40，請和您的醫生討論治療事項。

Your LDL blood cholesterol level

This is the “bad” cholesterol: the lower the number, the better.

- A healthy level is less than 100.
- Your doctor may want your LDL less than 70 if you have had a recent heart problem.
- Talk to your doctor about treatment if your level is 130 and above.

Your triglyceride blood level

- A healthy level is less than 150.
- Talk to your doctor about treatment if your level is 200 and above.

To lower your blood cholesterol levels

- See your doctor and get your cholesterol checked regularly.
- Talk to your doctor, nurse or dietitian about a diet and exercise plan.
- Medicine may be needed if diet and exercise are not enough.
- Eat plenty of high fiber food, such as whole grains, beans, and fresh fruits and vegetables.
- Limit food that contains high amounts of cholesterol and saturated and polyunsaturated fats, such as beef, pork, cheese, whole milk, or lard.
- Eat more low fat foods, such as skinless chicken breasts, fish or skim milk.
- Choose foods high in monosaturated fats, such as olive or canola oils and nuts.
- Bake, broil, grill or roast foods rather than fry them.

Talk to your doctor, nurse, or dietitian about how to manage your cholesterol levels.

您的 LDL 膽固醇血液濃度

這是“壞”膽固醇：數目越低越好。

- 健康濃度是低於 100。
- 如果您最近已有過心臟問題，您的醫生可能想要您的低密度脂蛋白低於 70。
- 如果您的濃度是 130 和 130 以上，請和您的醫生討論治療事項。

您的甘油三酸酯血液水平

- 健康濃度是低於 150。
- 如果您的濃度是 200 和 200 以上，請和您的醫生討論治療事項。

要降低您的血液膽固醇濃度

- 看醫生並定期檢查您的膽固醇。
- 和您的醫生、護士或營養師討論一項飲食和運動計劃。
- 飲食和運動不夠則可能需用藥物。
- 吃大量高纖維食物，例如全麥、豆類和新鮮水果蔬菜。
- 限制含大量膽固醇和飽和及多未飽和脂肪的食物，例如牛肉、豬肉、乳酪、全脂牛乳或豬油。
- 多吃低脂肪食物，例如無皮雞胸肉、魚或脫脂牛乳。
- 選擇含高單飽和脂肪的食物，例如橄欖油或菜籽油和堅果。
- 烘、烤、燒烤或烘烤而不要油炸食物。

請和您的醫生、護士或營養師討論如何控制您的膽固醇濃度。

Cholesterol. Traditional Chinese.

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