

Kolestarool (Cholesterol)

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.

Kolestarool (Cholesterol) waa shay dufan ah oo jidhkaagu uu u baahan yahay inuu shaqeeyo. Waxaa lagu sameeyaa beerka waxaana laga helaa cuntada ka timaadda xayawaanka, sida hilibka, ukunta, waxyaabaha caanaha laga sameeyo, subagga, iyo xayirta doofaarka.

Kolestarool fara badan oo jidhkaaga ku jira wuxuu noqon karaa mid waxyeello u leh jidhkaaga wuxuuna kordhin karaa halista aad ugu jirto cudurka wadnaha. Halis waxaad ugu jirtaa dhiig kolestaroolkiisu sarreeyo haddii:

- Jidhkaagu wuxuu sameeyaa kolestarool fara badan
- Aad cunto cunno uu dufanka cogan (saturated) iyo kolestaroolku ay ku sarreeyaan
- Aad sonkorow qabto, heerka qanjidhka dheecaan burburintaadu uu hooseeyo kaasoo loo yaqaanno hypothyroidism, ama cudurka kellida

Waxaa jira 3 nooc oo ugu weyn oo dufan ah oo dhiiggaaga ku jira:

- **(Dufanka Cufkiisu Sarreeyo) High Density Lipoproteins (HDL):** Kolestaroolkaan “wanaagsan” wuxuu kolestaroolka dheeraadka ah ka qaadaa dhiiggaaga wuxuuna ku celiyaa beerka si markaas jidhkaagu uu u awoodo inuu uga takhaluso.
- **(Dufanka Cufkiisu Hooseeyo) Low Density Lipoproteins (LDL):** Kolestaroolkaan “xun” ee dhiiggaaga ku jira wuxuu ku ururaa marinnada dhiiggaaga. Tani waxay keeni kartaa in marinnada dhiiggaagu ay cidhiidhi galaan, iyadoo dhibaato gelinaysa socodka dhiigga.

- **Triglycerides:** Eating too many carbohydrates can increase your triglyceride level. A high triglyceride level is linked to heart disease, stroke and diabetes.

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.

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.

- **Triglycerides:** Cunidda Kaarbohaydareyt fara badan waxay kordhin kartaa heerka triglyceride. Heerka triglyceride oo sarreeyaa wuxuu ku xidhan yahay jirrada wadnaha, faalijka iyo sonkorowga.

Dufannada dhiigga waxaa lagu cabbiraa baaritaanka dhiigga. Natiijooyinkaagu waxay kuu sheegi doonaan:

Heerka guud ee kolestaroolka dhiiggaaga

- Heerka caafimaadka leh wuxuu ka hooseeyaa in ka yar 200.
- Haddii kolestaroolkaaga guud uu ka sarreeyo 200, takhtarkaagu wuxuu kaa baari doonaa HDL, LDL iyo triglycerides.

Heerka HDL ee kolestaroolka dhiiggaaga

Kani waa kolestaroolka “wanaagsan”: mar kasta oo ay tiradiisu sarreyso, way ka sii wanaagsan tahay.

- Heerka caafimaadka leh waa 60 iyo ka kor.
- Takhtarkaaga kala hadal daaweynta haddii heerkaagu ka hooseeyo 40.

Heerka LDL ee kolestaroolka dhiiggaaga

Kani waa kolestaroolka “xun”: mar kasta oo ay tiradiisu hooseyso, way ka sii wanaagsan tahay.

- Heerka caafimaadka leh wuxuu ka hooseeyaa in ka yar 100.
- Waxaa laga yaabaa in takhtarkaagu uu doonayo in LDL-kaagu uu ka hooseeyo 70 haddii aad in dhawaale dhibaato wadne la kulantay.
- Takhtarkaaga kala hadal daaweynta haddii heerkaagu uu yahay 130 iyo ka kor.

Heerka triglyceride-ka dhiiggaaga

- Heer caafimaadka wuxuu ka hooseeyaa in ka yar 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.

- Takhtarkaaga kala hadal daaweynta haddii heerkaagu uu yahay 200 iyo ka kor.

Si aad hoos ugu dhigtid heerka kolestaroolka dhiiggaaga

- Takhtarkaaga u tag oo kolestaroolka si joogto ah ha lagaaga cabbiro.
- Kala hadal takhtarkaaga, kalkaalisada ama cunto-yaqaanka wax ku saabsan qorshaha cunto cunidda iyo jimicsiga.
- Daawo ayaa laga yaabaa in loo baahdo haddii cuntada la qoray iyo Jimicsigu aysan ku filneyn xalka arrinta.
- Cun cunto buunshuhu ama faybarku aad ugu badan yahay, sida miraha isu dhan, digirta isu dhan, iyo furuto markaas la gooyey iyo khudrad.
- Xaddid cuntada ay ku jiraan xaddiyo sare oo kolestarool ah iyo dufannada cogan iyo dufannada polyunsaturated-ka ah, sida hilibka lo'da, doofaarka, farmaajada, caanaha, ama xayrta doofaarka.
- Cun cuntooyin dufankoodu hooseeyo, sida digaagga haragga laga diiray, kalluun ama caano dufanka laga saaray.
- Dooro cuntooyinka ay ku sarreeyaan dufanka monosaturated-ka ah, sida saytuunka ama saliidda canola iyo yicibta.
- Dub, kari, sol ama mofo ku dub halkii aad shiili lahayd.

Takhtarkaaga, kalkaalisada, ama cunto-yaqaanka kala hadal sidaad u maamuli lahayd heerarka kolestaroolkaaga.