

# 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. 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:

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Ang kolesterol ay isang matabang sustansya na kailangan ng ating katawan upang gumana ito. Ito ay ginagawa sa atay at matatagpuan sa mga pagkaing galing sa mga hayop, gaya ng karne, itlog, mga produktong gatas, mantikilya, at mantika.

Ang masyadong maraming kolesterol sa inyong dugo ay maaaring makasama sa inyong katawan at pataasin ang inyong panganib sa sakit sa puso. Mas mataas ang inyong panganib sa mataas na kolesterol ng dugo kung:

- Gumagawa ang inyong katawan ng masyadong maraming kolesterol
- Kumakain kayo ng mga pagkain na may mataas na nakababad (saturated) na taba at kolesterol
- Mayroon kayong diyabetis, mababang antas ng tiroydeo (thyroid) na tinatawag na hypothyroidism, o sakit sa bato

## **Mayroong 3 pangunahing uri ng taba sa inyong dugo:**

- High Density Lipoproteins (HDL): Dinadala ng “mabuting” kolesterol na ito ang mga sobrang kolesterol sa inyong dugo pabalik sa inyong atay upang mailabas ito ng inyong katawan.
- Low Density Lipoproteins (LDL): Ang “masamang” kolesterol na ito sa inyong dugo ay dumarami sa inyong mga ugat o daluyan ng dugo. Maaari itong magdulot ng panikip ng mga ugat, na nagpapahirap sa pagdaloy ng dugo.
- Triglycerides: Maaaring pataasin ng pagkain ng masyadong maraming **karboidrato** ang antas ng inyong triglyceride. Ang mataas na antas ng Triglycerides ay nakaugnay sa sakit sa puso, stroke at diyabetes.

Ang mga taba sa dugo ay sinusukat sa pamamagitan ng isang pagsusuri ng dugo. Sasabihin ng inyong mga resulta ang:

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### **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.
- 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.

### **Kabuuang antas ng kolesterol sa inyong dugo**

- Ang malusog na antas ay mas mababa sa 200.
- Kung ang inyong kabuuang kolesterol ay mas mataas sa 200, susuriin ng inyong doktor ang inyong HDL, LDL at triglycerides.

### **Ang antas ng HDL na kolesterol sa inyong dugo**

Ito ang “mabuting” kolesterol: kapag mas marami ang bilang, mas mabuti.

- Ang malusog na antas ay 60 at mas mataas.
- Kausapin ang inyong doktor tungkol sa mga lunas kung ang inyong antas ay mas mababa sa 40.

### **Ang antas ng LDL na kolesterol sa inyong dugo**

Ito ang “masamang” kolesterol: kapag mas mababa ang bilang, mas mabuti.

- Ang malusog na antas ay mas mababa sa 100.
- Maaaring naisin ng inyong doktor na magkaroon kayo ng LDL na mas mababa sa 70 kung kayo ay nagkaroon ng problema sa puso kamakailan lamang.
- Kausapin ang inyong doktor tungkol sa lunas kung ang inyong antas ay 130 pataas.

### **Ang antas ng triglyceride sa inyong dugo**

- Ang malusog na antas ay mas mababa sa 150.
- Kausapin ang inyong doktor tungkol sa lunas kung ang inyong antas ay 200 o pataas.

### **Upang mapababa ang mga antas ng kolesterol sa inyong dugo**

- Makipagkita sa inyong doktor at palaging ipasuri ang inyong kolesterol.

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- 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.

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- Kausapin ang inyong doktor, nars o eksperto sa nutrisyon at diyeta (dietitian) tungkol sa plano para sa diyeta at ehersisyo.
- Maaaring kailanganin ng gamot kung ang diyeta at ehersisyo ay hindi sapat.
- Kumain ng maraming pagkaing mahibla, kagaya ng mga butil, mga butong gulay, at sariwang prutas at gulay.
- Limitahan ang mga pagkaing naglalaman ng maraming kolesterol at saturated at polyunsaturated na taba, kagaya ng karne ng baka, baboy, keso, buong gatas, o mantika.
- Damihan ang pagkain ng mga pagkaing kaunti ang taba, gaya ng walang balat na pitso ng manok, isda o gatas na walang taba.
- Piliin ang mga pagkaing mataas sa monosaturated na taba, kagaya ng langis ng olibo o canola at mga mani.
- Lutuin sa hurno, ihawin o litsunin ang mga pagkain, sa halip na iprito ang mga ito.

Kausapin ang inyong doktor, nars, o eksperto sa nutrisyon at diyeta tungkol sa kung paano pangasiwaan ang inyong mga antas ng kolesterol.

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