

BDS NEWSLETTER

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UNDERSTANDING HIGH CHOLESTEROL

The body needs two major kinds of fats in the bloodstream to operate well: cholesterol and triglycerides. They provide energy, protect the body from cold and help avoid injury. Fats and protein form lipoproteins, which travel throughout the bloodstream. High levels of fats, especially cholesterol, moving in the blood can lead to heart attacks and strokes. <https://www.cedars-sinai.org/health-library/diseases-and-conditions/h/high-cholesterol.html>



TREATING HIGH CHOLESTEROL

To treat unhealthy blood cholesterol levels, your doctor may recommend heart-healthy lifestyle changes and prescribe medicines. If a medical condition or medicine is causing your blood cholesterol problem, your doctor may treat that condition or change your medication or its dose.

Talk with your doctor about your cholesterol levels, your risk of developing heart disease, other medical conditions you have, and your lifestyle. You can learn about the benefits and side effects of medicines for lowering your blood cholesterol. Together, you can set up a treatment plan that will work for you. <https://www.nhlbi.nih.gov/health/blood-cholesterol/treatment#:~:text=Statins%20are%20the%20most%20common,raise%20the%20risk%20of%20diabetes.>

RECIPES FOR HIGH CHOLESTEROL



EATING WITH HIGH CHOLESTEROL

Your diet affects your cholesterol. To lower your cholesterol, limit foods high in saturated fat and avoid foods with trans fat. These fats raise your “bad” cholesterol (LDL). Adding more soluble fiber and plant-based foods to your diet can lower your LDL cholesterol while also giving you the nutrition you need for an active, vibrant life. Yes, what you eat can affect the amount of cholesterol circulating in your blood. Cholesterol is a waxy substance that your body needs to function. Your liver produces enough cholesterol to support your body’s processes.

<https://my.clevelandclinic.org/health/articles/16867-cholesterol--nutrition-tlc>