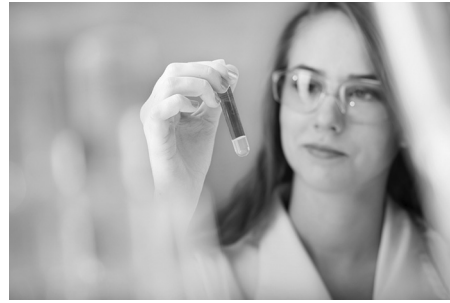


WHAT YOU SHOULD KNOW ABOUT DYSLIPIDEMIA

In the Clinic
Annals of Internal Medicine

What Is Dyslipidemia?

- Lipids are fatty substances in your blood. These substances are called cholesterol and triglycerides. It is normal to have some fats in your blood.
- Sometimes the levels of fats in your blood can get too high. This is called dyslipidemia, or high cholesterol.
- When you have too many fats in your blood, they can cause inflammation or build up and clog the blood vessels in your heart. This can cause heart attack, stroke, and other diseases.



What Are the Risk Factors for Dyslipidemia?

You may be at higher risk for dyslipidemia or heart disease if you:

- Are older
- Have a family history of dyslipidemia
- Smoke
- Eat an unhealthy diet
- Do not exercise
- Have high blood pressure, obesity, diabetes, kidney disease, or thyroid disease

How Is Dyslipidemia Diagnosed?

- Your doctor will ask you questions about your current health and health history.
- You may also get a physical examination.
- Your health care provider will give you a blood test to check fat levels in your blood.

How Is Dyslipidemia Treated?

Your doctor will work with you to create a plan for your treatment. One part of your treatment will include making healthy changes, such as:

- Eating a heart-healthy diet that is low in fat and cholesterol
- Getting regular exercise
- Quitting smoking
- Losing weight if needed

Sometimes lifestyle changes aren't enough.

Several medicines are available that help lower the fat levels in your blood. Many people are prescribed medications called statins. You and your doctor should work together to decide what medicine is right for you.

Should I Be Screened for Dyslipidemia?

- In general, people between the ages of 40 and 75 years should be screened regularly.
- If your levels are high, your doctor might suggest screening more often.
- You may be screened at a younger age if you have certain risk factors or a family history of dyslipidemia.

Questions for My Doctor

- Do I need to be screened for dyslipidemia?
- What is the healthiest diet for me to eat?
- Are there foods that I should not eat?
- What is the best form of exercise for me?
- What is the best medicine for me?
- Does the medicine have side effects?
- Will this medicine interact with my other medicines?

For More Information



National Heart, Lung, and Blood Institute

www.nhlbi.nih.gov/resources/heart-smart-basics-what-know-keep-yours-healthy

MedlinePlus

<https://medlineplus.gov/ency/article/000403.htm>