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Topic Name	: Hyperlipidaemia

Hyperlipidemia, also known as **dyslipidemia** or **high cholesterol**, means you have too many lipids (fats) in your blood. Your liver creates cholesterol to help you digest food and make things like hormones.

Too much cholesterol (200 mg/dL to 239 mg/dL is borderline high and 240 mg/dL is high) isn't healthy because it can create roadblocks in your artery highways where blood travels around to your body. This damages your organs that don't receive enough blood from your arteries.

Bad cholesterol (LDL) is the most dangerous type because it causes hardened cholesterol deposits (plaque) to collect inside of your blood vessels. This makes it harder for your blood to get through, which puts you at risk for a stroke or heart attack. The plaque itself can be irritated or inflamed, which can cause a clot to form around it. This can cause a stroke or heart attack depending on where the blockage is.

Type of Cholesterol:

1. **High-density lipoprotein (HDL)** is known as good cholesterol. Not lower than 40 mg/dL.
2. **Low-density lipoprotein (LDL)** is known as bad cholesterol. Not more than 130 mg/dL.
3. **Very low-density lipoprotein (VLDL)** is also called bad because it carries triglycerides that add to artery plaque.

Hyperlipidemia complications that include:

- Heart attack.
- Stroke.
- Coronary heart disease.
- Carotid artery disease.
- Sudden cardiac arrest.
- Peripheral artery disease.
- Microvascular disease.

Various hyperlipidemia causes include:

- Smoking.
- Drinking a lot of alcohol.
- Eating foods that have a lot of saturated fats or trans fats.
- Sitting too much instead of being active.
- Being stressed.
- Inheriting genes that make your cholesterol levels unhealthy.
- Being overweight.

A blood test called a lipid panel will tell you these numbers:

Type of cholesterol	Best number to have
Total cholesterol	Less than 200 mg/dL
Bad (LDL) cholesterol	Less than 100 mg/dL
Good (HDL) cholesterol	At least 60 mg/dL
Triglycerides	Less than 150 mg/dL

Medications are used for hyperlipidemia?

People who need medicine to treat their high cholesterol usually take statins.

Statins are a type of medication that decreases how much bad cholesterol is circulating in your blood.