

# A Short Note on Treatment and Risk Factors of Hyperlipidaemia

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## ABOUT THE STUDY

Hyperlipidaemia, commonly known as dyslipidemia or excessive cholesterol, and is characterised by an excess of lipids (fats) in the blood. The liver produces cholesterol, which aids in digestion and the production of hormones. Because the liver can produce as much cholesterol as is required, the cholesterol found in meals is unnecessary.

Too much cholesterol is unhealthy because it can develop blockages in the arteries via which blood circulates throughout the body. This causes organ damage. The most hazardous type of cholesterol is LDL, which causes hardened cholesterol deposits (plaque) to form inside blood vessels. This makes blood flow more difficult, leading to an increased risk for a stroke or heart attack.

• **Low-density lipoprotein:** It is referred to as bad cholesterol because it has the ability to clog arteries that has broken down and is obstructing the way.

• **Very low density lipoprotein:** It is also known as bad lipoprotein because it transports triglycerides, which contribute to arterial plaque formation. This is another type of block.

• **High-density lipoprotein:** It is regarded as good cholesterol because it transports cholesterol to the liver, where it is excreted.

They are generally equivalent terminology for cholesterol disorders. Cholesterol can be “dysfunctional” (highly inflammatory cholesterol particles or an improper balance of bad and good cholesterol levels) without being excessive. High cholesterol levels, as well as elevated inflammation in “normal” cholesterol levels, keeps at risk for heart disease.

## Risk factors

• Having a family history of high cholesterol, hypothyroidism, obesity, diabetes, smoking, drinking too much alcohol, etc.

• If hyperlipidaemia is not managed, it can be fatal. As long as high cholesterol is left untreated, plaque will build up inside blood vessels. Because blood has a difficult flowing through blood arteries, this might result in a heart attack or stroke. This deprives the brain and heart of the nutrition and oxygen required for proper functioning. The main cause of death in the United States is cardiovascular disease.

• Untreated hyperlipidaemia (high cholesterol) can allow plaque to accumulate inside the body’s blood vessels (atherosclerosis). This can result in hyperlipidaemia problems such as heart attack, stroke, coronary heart disease, carotid artery disease, etc.

## Causes

Most people don’t have symptoms when their cholesterol is high. People who have a genetic problem with cholesterol clearance that causes very high cholesterol levels may get xanthomas (waxy, fatty plaques on the skin) or corneal arcus (cholesterol rings around the iris of the eye).

Smoking, excessive alcohol consumption and other factors can all contribute to hyperlipidaemia. Consuming meals high in saturated fats or trans fats, sitting too much rather than being active, being under stress, being overweight, inheriting genes that cause high cholesterol levels.

## Medication

- Beta blockers, which are used to treat certain conditions, might cause your cholesterol levels to vary.
- Diuretics.
- Hormonal birth control pills.
- Steroids.

## Diagnosis

- A physical examination.
- A medical history and history of the family
- To compute your atherosclerotic cardiovascular disease risk score over a 10-year period.
- C-reactive protein with high sensitivity.

## Treatment

Some may just need to change their behaviours to improve their cholesterol levels. For some, this is insufficient, and they require medicine including

- Exercising.
- Giving up smoking.
- Getting at least seven hours of sleep every night.
- Maintaining a healthy amount of stress.
- Consuming more nutritious foods.
- Limiting alcohol consumption.
- Losing a few pounds in order to get a healthy weight.

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