

Bad Cholesterol

When people refer to "bad cholesterol," they are typically referring to low-density lipoprotein cholesterol (LDL cholesterol). LDL cholesterol is often considered the "bad" type of cholesterol because high levels of LDL can contribute to the development of cardiovascular diseases, such as heart disease and stroke.

When there is an excess of LDL cholesterol in the bloodstream, it can build up in the walls of the arteries, forming plaques. These plaques can restrict blood flow and, in some cases, lead to the formation of blood clots, which can block arteries entirely, causing heart attacks or strokes.

It's important to note that cholesterol itself is a necessary substance in the body, as it plays a vital role in various biological functions. However, maintaining a healthy balance of LDL cholesterol is crucial for overall cardiovascular health.

To manage LDL cholesterol levels, it is recommended to adopt a heart-healthy lifestyle, which includes:

1. **Eating a balanced diet:** Limit saturated and trans fats found in red meat, full-fat dairy products, fried foods, and processed snacks. Instead, focus on consuming unsaturated fats, such as those found in fish, nuts, seeds, and olive oil. Include plenty of fruits, vegetables, whole grains, and lean proteins in your diet.
2. **Regular exercise:** Engage in physical activity for at least 150 minutes per week, or as advised by your doctor. Regular exercise can help raise high-density lipoprotein (HDL) cholesterol (known as "good" cholesterol) and lower LDL cholesterol.
3. **Maintaining a healthy weight:** Being overweight or obese can contribute to higher LDL cholesterol levels. Losing excess weight through a combination of a healthy diet and regular exercise can help improve cholesterol profiles.
4. **Avoiding tobacco smoke:** Smoking damages blood vessels and lowers HDL cholesterol. Quitting smoking or avoiding exposure to secondhand smoke can have significant benefits for your cardiovascular health.
5. **Limiting alcohol consumption:** Excessive alcohol consumption can lead to higher LDL cholesterol levels. If you choose to drink, do so in moderation (up to one drink per day for women and up to two drinks per day for men).
6. **Regular check-ups:** Get regular check-ups with your doctor to monitor your cholesterol levels and overall cardiovascular health. They may recommend medications called statins if lifestyle changes alone are not sufficient to control your cholesterol.

Remember, it's essential to consult your doctors at SunStar Clinics for personalised advice and guidance regarding your cholesterol levels and overall cardiovascular health.