

How to reduce blood cholesterol effectively?

Find out how to reduce blood cholesterol effectively to avoid leading to serious illnesses with TipsMake.com.

High cholesterol is one of the most common diseases today. Without timely treatment of high cholesterol, patients may face many life-threatening complications. So how to **reduce** blood **cholesterol** in the most effective way? Let's find out right away!

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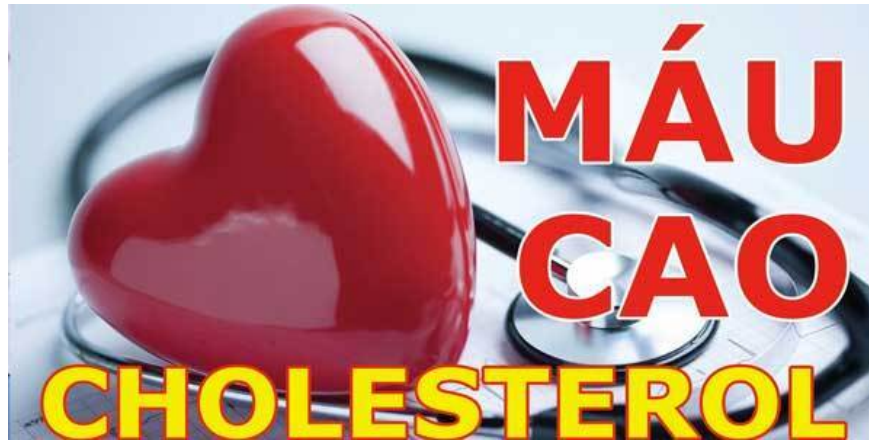
What causes high cholesterol?

What is high cholesterol?

When it comes to cholesterol many people will think of a factor that is harmful to health. In fact, cholesterol is not entirely bad. Cholesterol is an ingredient in blood lipids, involved in many body activities. 75% of cholesterol is made by the body itself, the rest comes from the food we use every day. Cholesterol is divided into two main categories:

1. **Bad cholesterol - LDL (low density lipoprotein)** : Is the cause of atherosclerosis and some other dangerous diseases such as myocardial infarction, stroke, kidney stones, high blood pressure, peripheral arterial disease, angina, .
2. **Good cholesterol - HDL (high density lipoprotein cholesterol)** : Participates in the transport of excess cholesterol from tissues, organs and blood vessels to the liver so that the liver is metabolized and excreted from the body.

High cholesterol is a condition where the total cholesterol level is often higher than 5.2 mmol / L. The total cholesterol index is determined based on the 3 components of good cholesterol (HDL), bad cholesterol (LDL) and triglyceride. Each component has a certain permissible limit, specifically the HDL index limit will be > 1.3 mmol / L, LDL Any excess of these component indexes will cause the total cholesterol index to increase.



High cholesterol - one of the most common diseases today

Harm of high cholesterol

On average, 10 out of 10 people will have high blood cholesterol. It is worth mentioning here that symptoms of cholesterol are often unclear, causing the patient to be subjective. Many people only know they have hypercholesterolemia when doing some health screening tests. If detected late and not treated promptly, people with high blood cholesterol may face many extremely dangerous diseases as follows:

Gallstones : Up to 80% of cases of gallstones are caused by high cholesterol. In addition, it is also the cause of stagnation, delayed digestion, pain in the right side of the ribs .

Atherosclerosis : When cholesterol increases, cholesterol plaque, fat and calcium build up in the artery wall, causing the artery to harden, preventing blood flow, oxygen to the heart and muscles other organs in the body.

Heart attack : Plaque in the artery wall due to excess cholesterol will interfere with oxygen and blood circulation, leading to heart attack. When a heart attack, plaque breaks, creates blood clots, prevents arteries from receiving blood and oxygen. Consequently, cardiac muscles begin to die slowly.



High cholesterol can lead to heart attack and many other dangerous diseases

Angina: This is also the result of an excess of bad cholesterol that hinders the circulation of blood in the arteries.

Stroke : High cholesterol causes blocked arteries to the brain, unable to circulate blood and oxygen as usual. In the absence of sufficient oxygen and blood, brain cells begin to die and cause a stroke.

Peripheral artery disease : This is a disease of peripheral arteries blocked by atherosclerosis and blood clots. Peripheral arteries include arteries in the limbs, excluding arteries that feed the brain and heart. When you have peripheral arterial disease, you may experience symptoms like cramps; footsore; The wound on the feet and toes is difficult to heal; necrosis of the feet, toes; cold feet;

High blood pressure: Increasing the level of bad LDL cholesterol can cause high blood pressure. Meanwhile, if HDL - good cholesterol increases, it will stabilize blood pressure.

How to reduce blood cholesterol?

In order not to suffer from these dangerous diseases, high cholesterol control is really important and needs to be done right from this point. So which ways to lower blood cholesterol?

Treatment of hypercholesterolemia with a diet and scientific exercise

About 25% of the body's cholesterol is taken from food. This figure shows the importance of diet in treating high cholesterol. No matter how high the level of cholesterol in the blood is, maintaining a healthy diet, a scientific lifestyle is essential. According to doctors, to reduce cholesterol, patients need:

1. Limit foods high in cholesterol, especially egg yolks, red meats, milk, butter, animal organs, .
2. Eat a lot of white meat (eg poultry meat), fish rich in omega 3, omega 6.
3. Minimize foods that are high in saturated fat such as fatty meats, cheese, butter, .
4. Enhance supplementation of green vegetables, whole grains, fruits, .
5. Stay away from cigarettes, alcohol, beer, .
6. Exercise and sports every day, avoid sitting for a long time



A scientific diet helps reduce cholesterol effectively

How to lower blood cholesterol by treating drugs

In cases where the patient has changed his diet, but still cannot control his cholesterol level well, doctors may prescribe additional medications such as statins. For cases of familial hypercholesterolemia (FH), the patient is usually treated with Apheresis Lipoprotein, which is a special device for reducing LDL cholesterol in the blood.

Good control of some of the diseases that are suffering to reduce cholesterol

Some diseases like diabetes (diabetes), high blood pressure, kidney disease, hypothyroidism, overweight, obesity, etc. are also the cause of high cholesterol. Therefore, if you want to reduce blood cholesterol, the patient must control these diseases well. In addition to regular doctor visits, patients should also actively monitor blood sugar readings, blood pressure readings and cholesterol indexes at home to get timely treatment.



People with high cholesterol should monitor their blood sugar index, blood pressure index and cholesterol index

Hopefully our article has helped you understand high cholesterol, harm and how **to** effectively **reduce high cholesterol** . Visit META.vn to share useful knowledge as well as order blood pressure monitors, blood glucose meters and quality cholesterol, good prices.

>>> More references:

1. Top 7 foods that help reduce blood cholesterol best
2. High cholesterol can make arthritis worse
3. Top 5 blood glucose meters VINH VINH WARRANTY costs less than 1 million VND
4. Buy the best blood pressure monitor
5. What criteria to evaluate a good blood pressure monitor?

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