

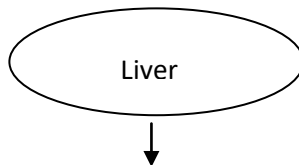
JUST JESS on HEALTH:



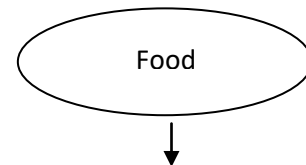
Cholesterol

Cholesterol is a lipid (fat) that is found throughout our body. Contrary to popular belief, cholesterol plays a very important role in our system. Why? The body uses cholesterol to synthesise hormones, vitamins, assist with digestion cellular renewal and repair. However, if we have too much cholesterol this can be unhealthy and may lead to an increased risk for cardiovascular disease.

Where does cholesterol come from?



The liver produces cholesterol for the body to utilize. If you have a diet high in saturated and trans-fats, it can lead to an over-production of cholesterol, which can be unhealthy.



Meat/poultry/dairy
Trans and saturated fats (coconut oil, butter, ghee, palm oil, cheese, meat, processed meats, baked goods).

When we send for a lipogram (comprehensive cholesterol check) we look at ldl (low-density lipoproteins) “bad cholesterol” and hdl (high-density lipoprotein) “good cholesterol” as well as your triglycerides. This ratio is important as it indicates whether there is an imposing risk for hyperlipidemia (High cholesterol). Once this has been identified, the relevant changes can be made in order to control cholesterol and sustainably reduce risk for cardiovascular disease.

Risk factors for high cholesterol:

- Cardiovascular disease
- Atherosclerosis
- Stroke
- Heart attack

Other Contributing factors for high cholesterol:

- Diabetes
- A diet high in saturated fats
- Not getting enough exercise
- Smoking
- High blood pressure
- Genetics
- Age

If you are worried about your cholesterol levels, let's make an appointment and take the right steps to control your health.

Do you have questions? Drop me some topics you would like discussed in my upcoming articles.

Kind regards
Dr Jess

