

Dyslipidaemia

What is it?

Dyslipidaemia refers to abnormal levels of blood lipids (fats), most commonly in the form of high blood LDL (bad) cholesterol, low HDL (good) cholesterol and/or high blood triglycerides. High levels of LDL cholesterol and triglycerides damage the walls of your blood vessels and often lead to cardiovascular disease including heart attack and stroke.

Who is at risk?

Regular consumption of foods high in fat and cholesterol combined with a sedentary lifestyle place you at risk of developing dyslipidaemia. A blood lipid profile is used to monitor dyslipidaemia, the following levels are recommended to maintain a healthy lipid profile.

- Less than 2.5 mmol/L for LDL ('bad' cholesterol) in healthy people
- Less than 2.0 mmol/L for LDL in people with existing heart disease
- Greater than 1.0 mmol/L for HDL
- Less than 1.5 mmol/L for triglycerides

Decreasing your risk?

Decreasing your risk of developing dyslipidaemia should focus on lifestyle changes:

- Healthy eating – reducing intake of foods high in fat and cholesterol
- Regular exercise – acts directly to decrease your cardiovascular risk
- Weight reduction – should include a combination of healthy eating and regular physical activity

Exercise – Where do I start?

The total amount of exercise should include a combination of aerobic and resistance training. The table below provides you with a starting point for the type, intensity, duration and frequency of exercise which would be recommended:

| TYPE | INTENSITY | DURATION | FREQUENCY |
|------------|----------------------|--------------------------------------|------------------|
| AEROBIC | Moderate | Approximately 30 mins/day | Everyday |
| RESISTANCE | Moderate to Vigorous | Approximately 30 mins per session | 3 times per week |



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