



South Asian Health Support Programme

English Version

Cholesterol and consequence of High cholesterol level:

Cholesterol is a kind of fat which is a major component of cell walls, bile and various hormones. Liver produces most of the cholesterol in our body. It can also be ingested from animal sources such as meat, fish, seafood and dairy products.

Excess cholesterol in our blood could be deposited on the inner walls of the blood vessels leading to partial or complete blockage of the lumen. Resulting in Coronary Heart Disease when coronary artery that supplies blood to the heart muscles is blocked. Similarly a stroke would occur when cholesterol deposition causes blockage or rupture of blood vessels of the brain.

Both Heart disease and stroke are the major killers in Hong Kong.

	TC (mmol/L)	LDL (mmol/L)	HDL (mmol/L)	TG (mmol/L)
Ideal range	<5.2	<3.4	<1.5	<1.7
Borderline	5.2-6.2	3.4-4.1	-	1.7-2.3
High risk	>6.2	>4.1	>1	>2.3
Ideal for IHD and DM case	<5.2	<2.6	<1.5	<1.7

For reference only, different instrument may vary the result to some extent.

How to prevent high cholesterol level?

- Have a balanced diet. Minimize consumption of high cholesterol foods such as animal fat and skin, internal organs, whole milk products, fried food and too much egg yolk.
- Consume more dietary fibres from vegetables, fruits, whole grains and beans.
- Maintain an appropriate body weight
- Exercise regularly
- Do not smoke
- Individuals with family history of heart disease should pay extra attention.

Regular medical examination is highly recommended.

