Coastal Cardiovascular Care

HYPERLIPIDEMIA

What is it?

Hyperlipidemia is a condition with high levels of fats or lipids in the blood, increasing the risk of cardiovascular diseases.

What causes it?

Causes include unhealthy diet, obesity, lack of physical activity, genetics, diabetes, and hypothyroidism.

What are the symptoms?

Often asymptomatic, severe cases may lead to cardiovascular symptoms like chest pain and heart attacks.

What are the preventive measures?

Preventive measures include eating a heart-healthy diet, exercising, maintaining a healthy weight, avoiding smoking, and limiting alcohol intake.

How is it diagnosed?

Diagnosis involves blood tests (lipid panel), physical examination, and assessment of medical history and risk factors.

How is it treated?

Treatment includes medications (statins, fibrates), lifestyle changes (diet, exercise), and regular monitoring.