



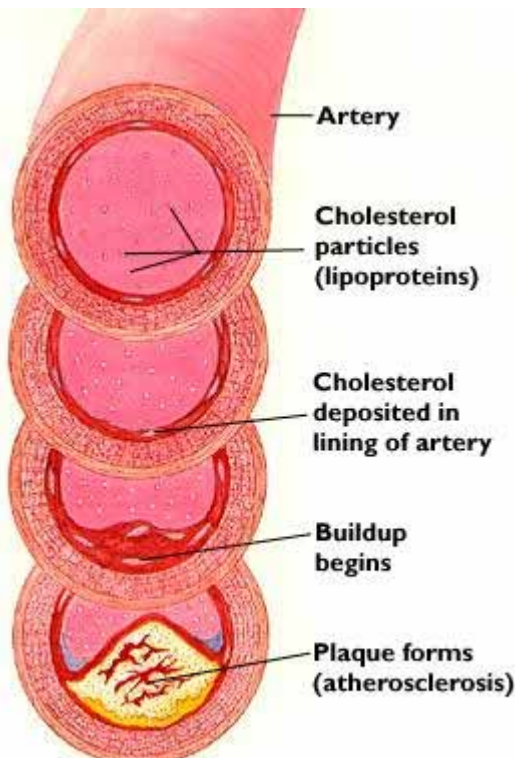
Hyperlipidaemia

Having a raised Cholesterol, raised LDL cholesterol or raised triglyceride level are 3 of the most common reasons that would cause you to be referred to a dietitian. It is recommended to keep total cholesterol below 5.0mmol/l, LDL (bad cholesterol) below 3.0mmol/l and TG's below 1.8mmol/l.

A raised cholesterol level can be caused by an incorrect diet or due to hereditary reasons or because your own liver is manufacturing too much cholesterol. Your doctor will try to identify the cause of your raised cholesterol and will recommend appropriate treatment. Usually you will be referred to a dietitian as part of your treatment.

Raised total cholesterol but particularly raised LDL cholesterol is positively associated with

an increased risk of coronary heart disease. A high dietary fat consumption and / or obesity can lead to cholesterol problems. Too much cholesterol circulating in the blood causes a plaque to build up on the inside of the arteries eventually leading to a complete blockage of the blood vessel (heart attack).



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