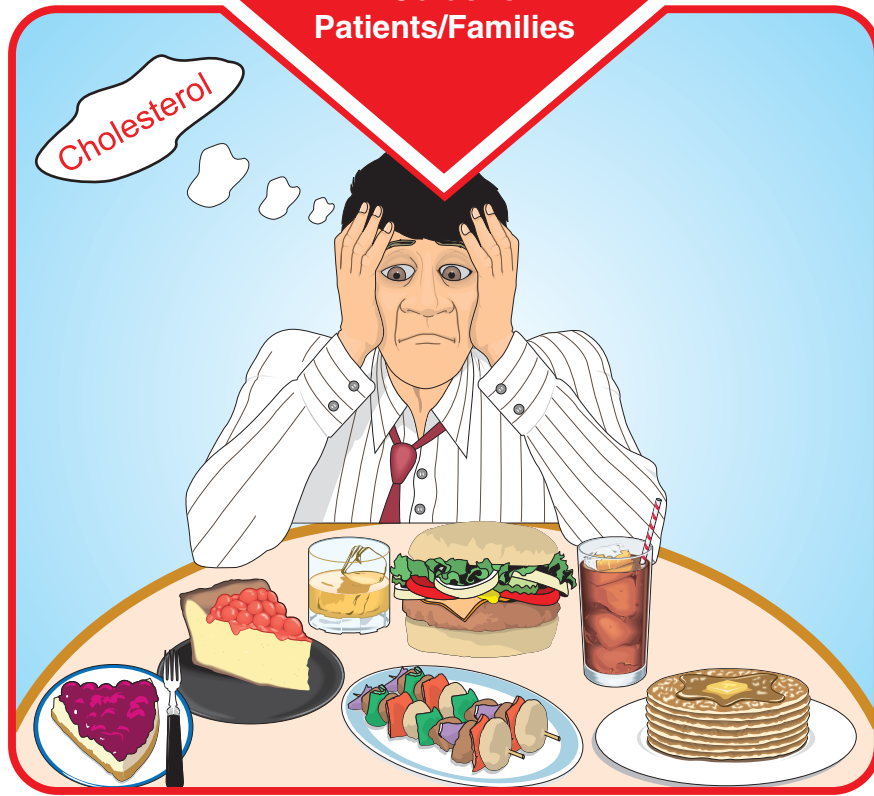


Cholesterol and Your Heart

A Guide for
Patients/Families



Department of Nutrition and Food Services



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi



A Unit of The Aga Khan Hospital and Medical College Foundation; Licensed under Section 42 of the Companies Ordinance, 1984;
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High blood cholesterol is one of the major risk factors for heart disease. Over time, extra cholesterol in the blood sticks to the walls of your blood vessels. If too much cholesterol sticks, it can block the flow of blood. It can cause a heart attack.

What Is Cholesterol?

A soft fat like substance that travels in the blood. Your body needs some cholesterol to work well, but not too much.

Are you at risk?

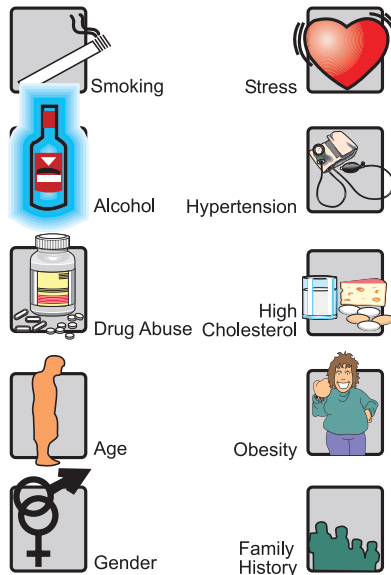
Some of us have more chance (or risk) of getting heart disease than others. The more risk factors you have, the greater your chances of developing heart disease or having a heart attack. Some of these risks can be modified and you can do something about them. Some you cannot change.

Modifiable risk

- Diet containing high cholesterol and saturated fats
- High LDL cholesterol
- Low HDL cholesterol
- High triglycerides
- Increased weight
- Sedentary life style
- Smoking
- High blood pressure

Others

- Age
- Gender : Male
- Family history



How many types of cholesterol are there?

Cholesterol can be classified into three main categories:

Total cholesterol: the sum of all the cholesterol in your blood. When your total cholesterol is high, your risk of heart disease goes up.

LDL cholesterol: is dangerous when levels are high. LDL cholesterol is what builds up in your arteries and may block the flow of the blood.

HDL cholesterol: the good form of cholesterol that helps protect against heart disease.

A simple blood test will tell you what your cholesterol level is.

How can I lower my blood cholesterol?

Lowering your risk for heart diseases means adopting healthy life style habits. Here are some tips to lower your cholesterol

Do Use	Do not Use
Fish,dals and beans	Beef and mutton.
Egg whites	Whole egg
Skimmed milk and low-fat milk products	Whole-milk and whole-milk products
Plain low-fat yoghurt, cottage cheese	Cream and mayonnaise
Low-fat cheese	Regular processed cheese
Whole-wheat bread, roties made from whole-wheat flour(chakki ka atta), whole-grain cereals	White bread, white rice, refined cereals,roties made with white flour (maida)
Baked, steamed, boiled foods	Fried foods
Sunflower, corn, canola,soybean, olive oils	Cooking with butter/ghee
Choose low-fat unsalted snacks and popcorn	Salted potato chips, and other salty and fried snacks.

Follow this guide for selecting foods low in saturated fat and cholesterol;

- Buy whole grain varieties for extra fibre and nutrients;
- Replace sweet baked goods such as pastries and doughnuts with fruits and vegetables;
- Try to eat 3-5 servings of vegetable and 2-4 servings of fruit per day;
- Take low-fat or skimmed milk;
- You can take yogurt but it should also be low in fat;
- Avoid hard cheese, use low-fat cheese;
- Eat fish at least twice a week;
- Eat chicken without skin;
- Plan meals around dry beans and/or peas as they are a good source of soluble fiber, which can help lower cholesterol;
- Remember that egg yolk and saturated fats are often used in bakery products;
- Replace saturated fats (such as ghee, butter and margarine) with unsaturated fats (such as canola oil, olive oil, etc)

Outpatient Nutrition Care Clinics

Nazerali walji building (NW 2)

Phone: (021) 3486-5789/ 3486-5790
Monday to Thursday
Timings: Morning 9.00am -11.00am

Sports & Rehabilitation Clinic (Sports Centre)

Phone: (021) 3486-1662
Tuesday
Timings: Morning 9.00am -11.00am

Consulting Clinic (CC 4)

Phone: (021) 3486-1034
Friday
Timings Evening 14.00pm - 16.00pm

Nazerali walji building (NW 1)

Phone: (021) 3486-5781-82
Monday to Thursday
Timings: Morning 9.00am -4.00pm

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