HYPERLIPIDEMIA HEALTH COACHING:

Health Coaches at Clinic By the Bay are dedicated to helping patients lower their cholesterol through lifestyle changes such as better nutrition and increased physical activity. Contact Clinic by the Bay for more information on how to manage your cholesterol with one of our trained health coaches.

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WHAT IS HYPERLIPIDEMIA?

Hyperlipidemia is when there is a build-up of fat, known as cholesterol in your blood vessels. This build-up of fat causes a block in your blood vessels which can lead to a heart attack or stroke. The image above shows the progression from a healthy blood vessel to a completely blocked blood vessel.

HOW IS CHOLESTEROL MEASURED?

Cholesterol is measured through a lipid panel, which is a blood test that measures the amount of fat in your bloodstream. Normal lab values from a lipid panel are:

- Total Cholesterol < 200
- LDL-C < 130
- HDL-C > 50–60
- TG < 150

WHAT CAN I DO TO PREVENT HYPERLIPIDEMIA?

NUTRITION

Improving your nutrition can vastly improve your health and prevent any blocked blood vessels from happening in the future. Meals packed with vegetables, fruits, low fat and low sodium can help improve your health.

PHYSICAL ACTIVITY

Physical activity can help prevent blocked blood vessels. Aerobic activities such as walking, running, swimming, biking and even cleaning can help improve your health.

MEDICATIONS

Statins are a drug class that are commonly prescribed to treat hyperlipidemia. Statins work by blocking the formation of cholesterol (fat), which lowers the amount of fat in your bloodstream. Statins help to protect your risk of heart disease and stroke.