膽固醇

Cholesterol

Cholesterol is a fatty substance that your body needs to work. It is made in the liver and found in food that comes from animals, such as meat, eggs, milk products, butter and lard.

Too much cholesterol in your blood can be harmful to your body and can increase your risk for heart disease. You are at risk for high blood cholesterol if:

- Your body makes too much cholesterol
- You eat food high in saturated fats and cholesterol
- You have diabetes, low thyroid level called hypothyroidism, or kidney disease

There are 3 main types of fats in your blood:

- **High Density Lipoproteins (HDL):** This "good" cholesterol takes extra cholesterol in your blood back to your liver so your body can get rid of it.
- **Low Density Lipoproteins (LDL):** This "bad" cholesterol in your blood builds up in your blood vessels. This can cause your vessels to narrow, making it hard for blood to flow.
- **Triglycerides:** Eating too many carbohydrates can increase your triglyceride level. A high triglyceride level is linked to heart disease, stroke and diabetes.

膽固醇是一種身體需要用於運作的脂肪物質。它由肝臟製造，來自動物食品，例如肉、蛋、乳製品、奶油和豬油。

血液中如有太多膽固醇，可能對您的身體有害，也可能增加您罹患心臟病的風險。有下列情形，您有高血液膽固醇的風險：

- 您的身體製造太多膽固醇
- 您食用含高飽和脂肪和膽固醇的食物
- 您患有糖尿病、稱為甲狀腺功能減退的低度甲狀腺或腎病

血液中主要有3種脂肪：

- **高密度脂蛋白 (HDL)：** 這種「好」膽固醇將您血液中多餘的膽固醇帶回您的肝臟，因此您的身體能將其清除。
- **低密度脂蛋白 (LDL)：** 您血液中的這種「壞」膽固醇在您的血管中積聚。這能引起您的血管變窄，使血液難以流動。
- **甘油三酸酯：** 吃太多碳水化合物能增加您的甘油三酸酯含量。甘油三酸酯含量與心臟病、中風和糖尿病有關聯。

Blood fats are measured by a blood test. Your results will tell you:

血脂由驗血測定。您的結果將使您知道：

Your total cholesterol blood level

- A healthy level is less than 200.
- If your total cholesterol is above 200, your doctor will check your HDL, LDL and triglycerides.

您的血液總膽固醇濃度

- 健康的濃度低於200。
- 如果您的總膽固醇高於200，您的醫生將檢查您的高密度脂蛋白、低密度脂蛋白和甘油三酸酯。

Your HDL blood cholesterol level

This is the "good" cholesterol: the higher the number, the better.

- A healthy level is 60 and above.
- Talk to your doctor about treatment if your level is less than 40.

您的HDL膽固醇血液濃度

這是「好」膽固醇：數目越高越好。

- 健康濃度是60和60以上。
- 如果您的濃度低於40，請和您的醫生討論治療事宜。

Your LDL blood cholesterol level

This is the "bad" cholesterol: the <u>lower</u> the number, the better.

- A healthy level is less than 100.
- Your doctor may want your LDL less than 70 if you have had a recent heart problem.
- Talk to your doctor about treatment if your level is 130 and above.

您的LDL膽固醇血液濃度

這是「壞」膽固醇：   數目<u>越低</u>越好。

- 健康濃度是低於100。
- 如果您最近有過心臟問題，您的醫生可能希望您的低密度脂蛋白低於70。
- 如果您的濃度是130和130以上，請和您的醫生討論治療事宜。

Your triglyceride blood level

- A healthy level is less than 150.
- Talk to your doctor about treatment if your level is 200 and above.

您的甘油三酸酯血液含量

- 健康濃度是低於150。
- 如果您的濃度是200和200以上，請和您的醫生討論治療事宜。

To lower your blood cholesterol levels:

- See your doctor and get your cholesterol checked regularly.

- Talk to your doctor, nurse or dietitian about a diet and exercise plan.

- Medicine may be needed if diet and exercise are not enough.

- Eat plenty of high fiber food, such as whole grains, beans, and fresh fruits and vegetables.

- Limit food that contains high amounts of cholesterol and saturated fats, such as beef, pork, cheese, whole milk or lard.

- Eat more low fat foods, such as skinless chicken breasts, fish or skim milk.

- Choose foods high in monosaturated fats, such as olive or canola oils and nuts.

- Bake, broil, grill or roast foods rather than fry them.

Talk to your doctor, nurse or dietitian about how to manage your cholesterol levels.

要降低您的血液膽固醇濃度：

- 定期看醫生並檢查您的膽固醇。

- 和您的醫生、護士或營養師討論一項飲食和運動計劃。

- 飲食和運動不夠則可能需用藥物。

- 吃大量高纖維食物，例如全穀物、豆類和新鮮水果蔬菜。

- 限制含大量膽固醇和飽和及多元未飽和脂肪的食物，例如牛肉、豬肉、乳酪、全脂牛乳或豬油。

- 多吃低脂食物，例如無皮雞胸肉、魚或脫脂牛乳。

- 選擇含高單元飽和脂肪的食物，例如橄欖油或菜籽油和堅果。

- 烘、烤、燒烤或烘烤而不要油炸食物。

請和您的醫生、護士或營養師討論如何控制您的膽固醇含量。

Cholesterol. Traditional Chinese.