

Listen to Your Heart...



Heart (Dil), Lipid, & Us...



For a Healthy
 **HEART**

The makers of

NEXVAST $\frac{10}{20}$

Rosuvastatin 10 mg & 20 mg Tablets

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Rosuvastatin 10 mg + Ezetimibe 10/20 mg Tablets

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What is Cholesterol?

Cholesterol is a waxy, fatty substance found in your cells. Normally, our body makes all the cholesterol needed for good health.

Cholesterol helps make hormones, vitamin D, and substances that help digest food.



Information about Lipid (Fat)

Small packages, called lipoproteins, carry cholesterol through your bloodstream. Two types of lipoproteins carry cholesterol. You must have heard about "good" and "bad" cholesterol.

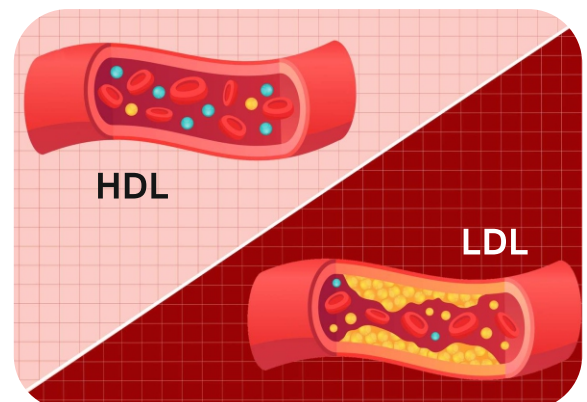
High-Density Lipoprotein (HDL) is "good" cholesterol.

Low-Density Lipoprotein (LDL) is "bad" cholesterol.



HDL (HDL)

HDL helps your body get rid of cholesterol so it does not deposit in your arteries. A high level of HDL can reduce the risk of heart attack, stroke, and other health problems.



LDL (LDL)

LDL deposits cholesterol inside the blood vessels that carry blood to your heart and other parts of the body. Over time, this can narrow or block your arteries, leading to heart attack, stroke, or other serious problems.

TG (TG - Triglycerides)

Triglycerides are a type of fat found in your blood that your body uses for energy. A combination of high triglycerides and low HDL levels can increase the risk of heart attack and stroke.



What happens when cholesterol increases?

Unhealthy cholesterol levels can harm your heart health. Uncontrolled or untreated high LDL ("bad") cholesterol can lead to serious problems, such as heart attack and stroke. So it is important that you bring your cholesterol to a healthy range and take necessary steps to maintain it.

Am I at risk of high cholesterol?

The following factors increase your likelihood of unhealthy cholesterol levels.

You can change some, and some you cannot:

Your lifestyle, including diet, smoking, stress, alcohol consumption, and level of physical activity, affects cholesterol levels.

Having a family history of high cholesterol may mean that due to changes in genes, your body has more difficulty removing or breaking down LDL ("bad") cholesterol. Be sure to inform your healthcare provider (doctor) about any family history.

Your race or ethnicity can influence your risk of unhealthy cholesterol levels. Overall, white people are more likely to have high cholesterol levels compared to other groups.

Among Asian Americans, including people of Indian, Filipino, Japanese, and Vietnamese origin, there is a higher likelihood of having high levels of LDL ("bad") cholesterol compared to other groups. Hispanic Americans are more likely to have lower levels of HDL ("good") cholesterol compared to others.

African Americans are more likely to have high HDL levels. However, they are also more likely to have other risk factors like high blood pressure, obesity, or diabetes, which can negate the benefits of high HDL levels.

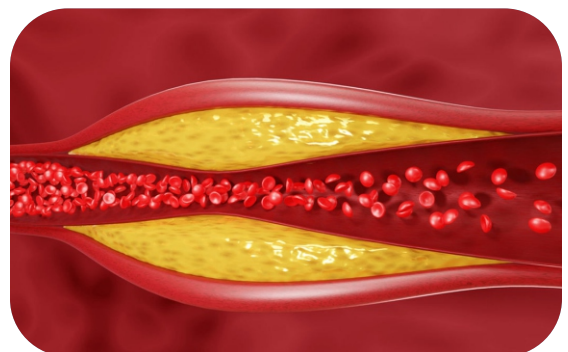
Disclaimer: This information is for educational purposes only and should not be considered professional medical advice. Always consult your healthcare provider.



Does high cholesterol have anything to do with age?

Normal changes in the body with age can increase LDL or "bad" cholesterol. The highest diagnosis of high LDL levels is in people aged 40 to 59 years. Young children and teenagers can also have high cholesterol, but it is less common.

Your gender also matters. Men are more likely to have unhealthy cholesterol levels compared to



women, but the risk for women can increase after menopause. Being pregnant can also increase cholesterol.

Obesity can increase your LDL and lower your HDL level. Certain medical conditions can also raise LDL levels and lower your HDL levels. These include chronic kidney disease, diabetes, HIV infection, hypothyroidism, lupus, multiple myeloma, PCOS (PCOS), and sleep apnea.

Medicines you take for other health problems can raise your LDL levels or lower HDL levels.



How do you know if you have high cholesterol?

High cholesterol usually has no symptoms. Many people don't know they have it until their doctor does a routine blood test. When and how often this test should be done depends on your age, risk factors, and family history.

A lipid profile tells you the level of each type of fat in your blood, including:

- ✦ Total cholesterol
- ✦ HDL "good" cholesterol
- ✦ LDL "bad" cholesterol
- ✦ Triglycerides



Understanding cholesterol numbers

Talk to your doctor about what your numbers should be. Your lipid numbers may depend on your age, gender, weight, family history, etc. General guidelines are as follows:

Desirable cholesterol numbers for adults:

Total cholesterol:

Less than 200 mg/dL

LDL "bad" cholesterol:

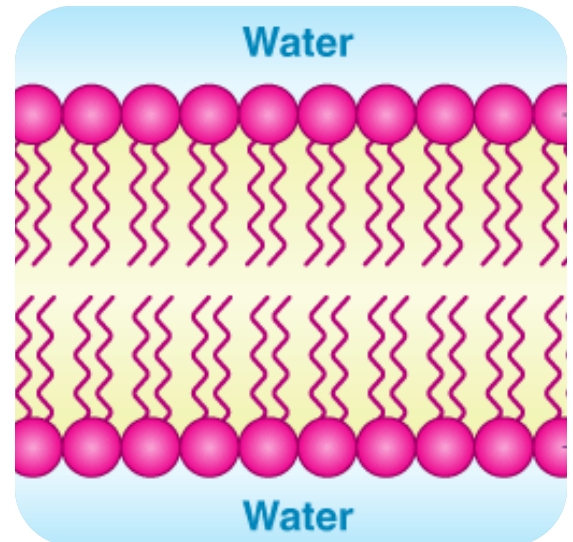
Less than 100 mg/dL

HDL "good" cholesterol:

60 mg/dL or higher

Triglycerides:

Less than 150 mg/dL



How can you control cholesterol?

Heart-healthy lifestyle changes can help you control your cholesterol:

- ✦ Stay physically active.
- ✦ Eat a heart-healthy diet.
- ✦ Maintain a healthy weight.
- ✦ Quit smoking or vaping.
- ✦ Reduce stress.
- ✦ Get adequate and good quality sleep.



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Questions worth asking your doctor about your cholesterol :

What is my cholesterol level?

What should it be?

How often should I get it checked?

What lifestyle changes should I make to improve heart health?

Do I need medication? What could be its side effects?



Diet and Lifestyle Guide for Dyslipidemia Patients

Dyslipidemia means an increase in bad cholesterol (LDL) or triglycerides and a decrease in good cholesterol (HDL) in the blood. Along with medicines, these changes are also necessary:

1. Diet: Rules That Work for All of India

Take fiber daily: 25-35 grams

Soluble fiber lowers LDL : Oats, barley, daliya, all lentils, rajma, chole, lobia, okra, brinjal, carrots, apples, guava, oranges, isabgol/psyllium husk.

Tip : Mix 1 spoon of isabgol or bran into your roti flour. Take soaked chia seeds or flaxseeds in the morning.

Oil and fats : Choose correctly

Stop completely : Vanaspati, dalda, bakery items, packaged namkeen, mathri, cakes. These contain trans fats which are the most dangerous.

Drastically reduce : Ghee, butter, cream, coconut oil, palm oil, red meat, chicken skin, organ meat. Keep saturated fat under 15-20 grams per day.

Increase good fats : For cooking use mustard, peanut, sesame, rice bran, soybean, or olive oil. 3-4 teaspoons per person for the whole day. Eat a handful of almonds + walnuts daily.

Reduce sugar and maida : Most important for triglycerides

Stop : Sugar, jaggery, honey in excess, sweets, cold drinks, packaged juice, white bread, maida, suji, cornflakes.

Replace : Brown rice, mixed grains, jowar, bajra, ragi, oats instead of white rice. Don't drink fruit juice, eat whole fruit.

Choose protein smartly

Take daily : All dals, besan, soybean, tofu, low-fat paneer, curd.

For non-veg : Fish twice a week, especially Indian mackerel, rohu, sardines. Skinless chicken. Red meat no more than 1-2 times a month.



Eggs : If LDL is very high, yolk no more than 3-4 per week. Egg whites can be taken daily.

Salt and alcohol

Salt : Less than 1 teaspoon per day. Pickles, papad, sauces, chips contain a lot of salt.

Alcohol : None at all if triglycerides are elevated. Otherwise, the less the better.

Simple Swaps by Region

What you eat now, Replace with

Paratha with butter → Besan/moong dal chilla or oats dosa

Large plate of white rice → Half cup brown rice + more dal-veggies

Puri-bhaji, samosa → Idli-sambar, boiled chana chaat, dhokla

Tea + biscuits → Green tea + roasted chana or makhana

Sweet at night → Fruit or 1 date + 2 walnuts



2. Lifestyle: Diet alone isn't enough

Walk 30 minutes daily : Brisk walking, cycling, dancing, climbing stairs. Target 150 minutes per week. This raises HDL. Do light weights or yoga 2 days a week.

Lose 5-10% weight : If you're 80 kg, losing just 4-8 kg is enough. Keep waist under 90 cm for men and 80 cm for women.

Quit tobacco in all forms : Bidi, cigarette, gutkha, khaini. HDL starts improving within 2 weeks of quitting.

Sleep 7-8 hours : Less sleep raises triglycerides and sugar.

Reduce stress : 10 minutes daily of anulom-vilom, bhramari, or meditation. High stress directly raises cholesterol.

Get tested : Repeat lipid profile 6-8 weeks after making changes. Check 1-2 times a year.

Important : If the doctor has given statins or any medicine, don't stop on your own. These changes work alongside medicines. If triglycerides are above 500 or LDL above 190, see a doctor immediately.



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* AHA/ACC 2018, ESC 2019, NCEP ATP III, ICMR 2020, WHO 2021.
Reference available on request.