

## Managing the bad blood cholesterol (Dyslipidemia)

### What is Dyslipidemia or Bad Cholesterol?

The fats we eat in the food are broken down in the digestive tract into smaller units called fatty acids which get absorbed in the body. Once inside the body, these fatty acids get restructured into other different forms called lipids. So the lipid is the name of different forms of fats in the body. Cholesterol and Triglycerides are different types of lipids in the body. The sugars in the food are also broken down into smaller unit called glucose. The body uses glucose for energy, and when there is an excess of glucose, it converts it to lipids. So the lipids in the body come from two sources:

1. Dietary Fats
2. Dietary sugars or Carbohydrates.

Cholesterol is a type of lipid. When a doctor has to check the fat levels in the body, they order a test called "**Lipid Profile.**" Dyslipidemia is a condition where the level of unhealthy cholesterol and triglycerides in the blood get high, and the level of healthy cholesterol gets low. Presence of dyslipidemia in an individual is an indication he/she is at high risk for several diseases such as:

- Heart disease
- Fatty liver and Fatty liver disease
- Metabolic Syndrome ( Pre-diabetes)
- PCOS (Polycystic ovarian syndrome in young females)
- Type2 diabetes.

Dyslipidemia results when the diet is unhealthy---It is rich in saturated fats and refined carbohydrates. A good example is animal foods (meat and Dairy), refined oils and trans fats (dalda, and margarine), refined carbohydrates such as sugar and refined wheat flour products.