胆固醇

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.

胆固醇是一种身体需要用于运作的脂肪物质。它由肝脏制造，来自动物食品，例如肉、蛋、乳制品、黄油和猪油。

血液中如有太多胆固醇，可能对您的身体有害，也可能增加您罹患心脏病的风险。如有下列情形，您有高血液胆固醇的风险：

- 您的身体制造太多胆固醇
- 您食用含高饱和脂肪和胆固醇的食物
- 您有糖尿病、称作甲状腺功能减退的低度甲状腺或肾病

您的血液中主要有3种脂肪：

- **高密度脂蛋白(HDL)：**这种"好"胆固醇将您血液中多余的胆固醇带回您的肝脏，因此您的身体能将其清除。
- **低密度脂蛋白(LDL)：**您血液中的这种"坏"胆固醇在您的血管中积聚。这能引起您的血管变窄，使血液难以流动。
- **甘油三酸酯：**吃太多碳水化合物能增加您的甘油三酸酯水平。甘油三酸酯水平高，与心脏病、中风和糖尿病有关。

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

血脂由验血测定。验血结果将使您知道：

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.

您的血液总胆固醇浓度

- 健康浓度是低于200。
- 如果您的总胆固醇高于200，您的医生将检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胆固醇血液浓度

这是"好"胆固醇：　数目越高越好。

- 健康浓度是60和60以上。
- 如果您的浓度低于40，请和您的医生讨论治疗事宜。

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胆固醇血液浓度

这是"坏"胆固醇：数目<u>越低</u>越好。

- 健康浓度是低于100。
- 如果您最近有过心脏问题，您的医生可能希望您的低密度脂蛋白低于70。
- 如果您的浓度是130和更高，请和您的医生讨论治疗事宜。

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水平

- 健康浓度是低于150。
- 如果您的浓度是200和更高，请和您的医生讨论治疗事宜。

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.

要降低您的血液胆固醇浓度：

- 定期看医生并检查您的胆固醇。

- 和您的医生、护士或营养师讨论饮食和锻炼计划。

- 饮食和锻炼不够则可能需用药物。

- 吃大量高纤维食物，例如全谷物、豆类和新鲜水果蔬菜。

- 限制含大量胆固醇和饱和及多元未饱和脂肪的食物，例如牛肉、猪肉、乳酪、全脂牛乳或猪油。

- 多吃低脂肪食物，例如无皮鸡胸肉、鱼或脱脂牛奶。

- 选择含高单元饱和脂肪的食物，例如橄榄油或菜籽油和坚果。

- 烘、烤、烧烤或烘烤而不要油炸食物。

请和您的医生、护士或营养师讨论如何控制您的胆固醇浓度。

Cholesterol. Simplified Chinese.