

Kalastaroolka

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.

Kalastaroolku waa unugyo baruur ah oo jirkaagu u baahan yahay si uu u shaqeeyo. Waxaa soo saara beerka waxaana laga helaa cuntada ka timaada xayawaanada, sida hilibka, ukunta, maadooyinka caanaha, subaga iyo barida.

Kalastarool aad u badan oo dhiigaaga ku jira ayaa khatar ku ah jirkaaga wuxuuna kordhin karaa khatarta xanuunka wadnaha. Waxaad khatar ugu jirtaa kalastaroolka badan ee dhiiga haddii:

- Jirkaagu sameeyo kalastarool aad u badan
- Aad cunto cunooyin ay ka buxaan dufanka khaliga ah iyo kalastaroolku
- Aad sonkorooow qabto, heerka xundhurtaadu (thyroid) uu hooseeyo kaasoo loogu yeero hypothyroidism, ama cudurka kalyaha

Waxaa jiro 3 nooc oo waawayn oo dufanka dhiigaaga ku jira ah:

- **Lipoprotein-nada Xajmigoodu Sareeyo (HDL):** Kalastaroolkaan "wanaagsan" waxa uu kalastaroolka dheeraadka ah ee ku jira dhiigaaga ku ceshaa beerkaaga si jirkaagu u baabi'iyo.
- **Lipoprotein-nada Xajmigoodu Hooseeyo (LDL):** Kalastaroolkaan "xun" ee dhiigaaga ku jira wuxuu ku koraa halbawlayaasha dhiigaaga. Tani waxay keenaysaa in halbawlayaashaadu dhuubtaan, taasoo adkaynaysa in dhiigu ku qulqulo.
- **Triglyceride-yada:** Cunista kaarboohaydareed badan waxay kordhinaysaa heerka triglyceride kaaga. Heerka triglyceride oo sareeya waxay keenaysaa wadna xanuun, istarooma iyo sonkorooowga.

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

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.

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.

Your LDL blood cholesterol level

This is the “bad” cholesterol: the lower 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.

Your triglyceride blood level

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

Dufannada dhiiga waxaa lagu cabiraa baaritaanka dhiiga. Natiijooyinkaaga ayaa kuu sheegaaya:

Heerka guud ee kalastaroolka dhiigaaga

- Heerka caafimaadka leh wuxuu ka hooseeyaa 200.
- Haddii kalastaroolkaaga guud uu ka badan yahay 200, dhakhtarkaaga ayaa baaraaya HDL kaaga, LDL kaaga, iyo heerarka triglyceride yadaada.

Heerka kalastaroolka HDL ee dhiigaaga

Kani waa kalastarool "wanaagsan": hadba inta tirsigiisu badan yahay, ayaa ugu fiican.

- Heerka caafimaadka leh waa 60 iyo kasii badan.
- Kahadal dhakhtarkaaga daawaynta haddii heerkaagu ka hooseeyo 40.

Heerka kalastaroolka LDL ee dhiigaaga

Kani waa kalastarool "xun": hadba inta tirsigiisu yar yahay, ayaa ugu fiican.

- Heerka caafimaadka leh wuxuu ka hooseeyaa 100.
- Dhakhtarkaaga ayaa dooni kara in LDL kaagu ka hoos maro 70 haddii aad dhawaan qabtay cilad dhanka wadnaha ah.
- Kahadal dhakhtarkaaga daawaynta haddii heerkaagu yahay 130 ama ka badan yahay.

Heerka triglyceride ka dhiigaaga

- Heerka caafimaadka leh wuxuu ka hooseeyaa 150.
- Kahadal dhakhtarkaaga daawaynta haddii heerkaagu yahay 200 ama ka badan yahay.

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.

Si aad u yarayso heerarka kalastaroolka dhiigaaga:

- U tag dhakhtarkaaga oo hala hubiyo kalastaroolkaaga si joogto ah.
- La hadal dhakhtarkaaga, kalkaalisada ama khabiirka cuntada si aad wax uga waydiiso qorshaha cuntada iyo jimicsiga.
- Daawo ayaa loo baahan karaa haddii cuntada iyo jimicsigu aysan kugu filnayn.
- Cun cunto kugu filan oo uu ka buuxo fiibar, sida haruurka guud, digirta, iyo miraha iyo khudaarta cusub.
- Iska yaree cuntada ay ku jiraan cadadka kalastaroolka badan iyo dufanka khaliga ah, sida hilibka lo'da, khaansiiirka, jiiska, caanaha guud ama barida.
- Cun cuntooyinka aan dufanka badan lahayn, sida hilibka digaaga ee aan lafta lahayn, kaluubka ama caanaha la miiray.
- Dooro cuntooyinka leh dufanka aan cayilka lahayn, sida salid saytuunka ama saliidaha canola iyo lawska.
- Dub, sol, ama uumatee cuntooyinka halkii aad ka shiili lahayd.

Kala hadal dhakhtarkaaga, kalkaalisada ama khabiirka cuntada sida aad u maaraynaysa heerarka kalastaroolkaaga.