

Take control of cholesterol to keep your heart healthy

- Get a blood test
- Eat a healthy diet
- Maintain a healthy weight
- Exercise regularly
- Don't smoke
- Treat high cholesterol

Source: Centers for Disease Control, "Frequently asked questions (FAQs) about high blood cholesterol", found at "http://www.cdc.gov/cholesterol/faqs.htm", accessed on December 15, 2013.

Desirable Cholesterol levels

Desirable Cholesterol Levels	
Total cholesterol	Less than 5.18 mmol/dL
LDL ("bad" cholesterol)	Less than 3.35 mmol/dL
HDL ("good" cholesterol)	For Men 1.0 mmol/dL or higher
	For Women 1.3 mmol/dL or higher
Triglycerides	Less than 1.7 mmol/dL

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Genetic & Chronic diseases

Cholesterol at-a-glance

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Saudi Health Information Survey
for Non- Communicable Diseases
in Kingdom of Saudi Arabia
2013

Cholesterol at-a-glance

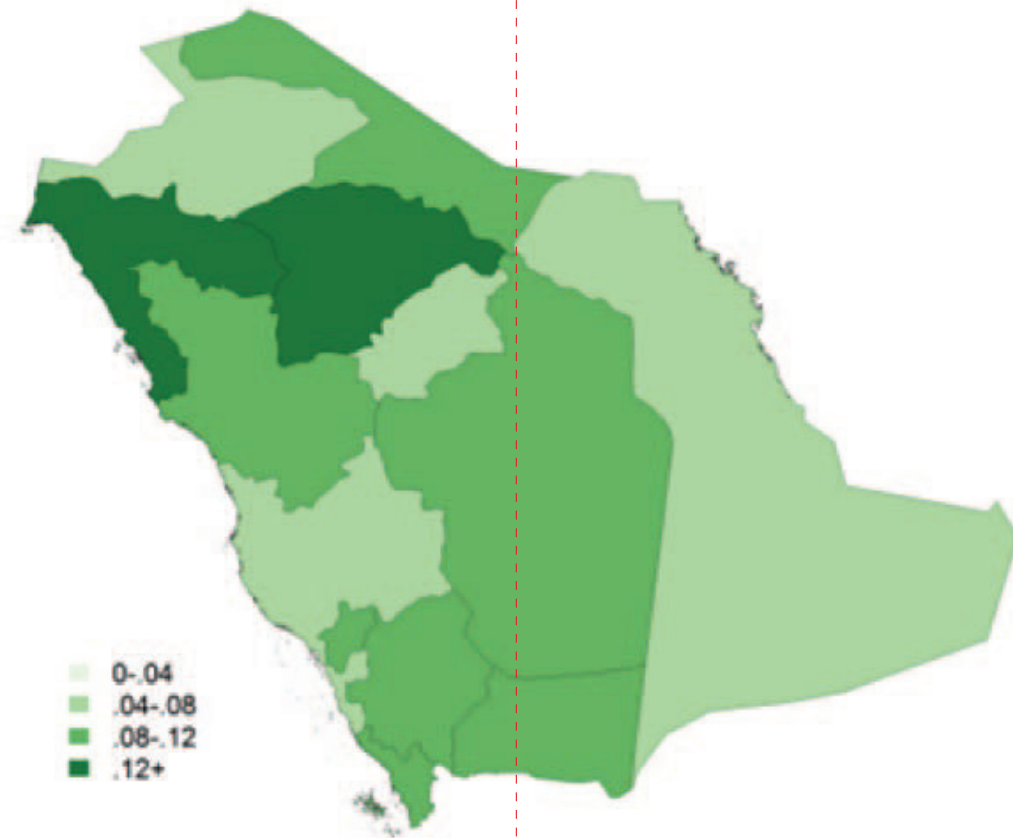
The Saudi Burden of Disease 2010 study showed that hypercholesterolemia was the 11th ranked risk factor for disability-adjusted life years (DALYs) in Kingdom of Saudi Arabia. High cholesterol accounted for 2.2% and 1.6% of DALYs for males and females, respectively. It is strongly associated with high risks of chronic diseases including atherosclerosis.

Atherosclerosis is a serious condition where cholesterol and other lipids can build up, as deposits, against the walls of the arteries, then, reduce the blood flow, and lead to serious complications such as:

- Chest pain and other symptoms of coronary heart disease
- Heart attack when a clot, formed by deposits rupture, blocks the blood flow to a part of the heart
- Stroke when a clot blocks the blood flow to a part of the brain

Source: Mayo Clinic, "High Cholesterol", found at http://www.mayoclinic.com/health/high-blood-cholesterol/DS00178/DSECTION=complications, accessed December 15, 2013.

Proportion Saudis who have high cholesterol



Recent data from the Saudi Health Interview Survey (SHIS) show high rates of elevated total cholesterol in the Kingdom. This large household survey showed that the prevalence of hypercholesterolemia, defined as a cholesterol level greater than 6.2 mmol/L, was 9.5% for males and 7.3% for females in 2013.

The prevalence increased with age and was highest among those aged 65 years or older (28.7%). Also, the prevalence of hypercholesterolemia varied by region. The highest prevalence was observed in Al Tabouk while the lowest was observed in Al Qasseem.

The results from the SHIS indicate that hypercholesterolemia is associated with obesity, raised blood pressure, and diabetes. Hypercholesterolemia prevalence was 12.1%, 17.3%, and 21.5%, among those who were obese, hypertensive, and diabetic, compared to 6.8%, 6.9%, and 6.5% among those who were not obese, non hypertensive, and not diabetic, respectively.

Key facts about cholesterol:

- Cholesterol is a fatty substance necessary for much functionality in the body. However, excess cholesterol in the blood causes deposits in our arteries.
- There are no symptoms of high cholesterol. Many people have never had their cholesterol checked, so they don't know they're at risk. A simple blood test called a lipoprotein profile test can tell you your cholesterol level. The MOH recommends that healthy adults get their cholesterol levels checked at least every five years.

- Lipoproteins, such as Low-Density Lipoproteins (LDL) and High-Density Lipoproteins (HDL), transport cholesterol in the blood.
- 1. LDL: Most of our cholesterol is made of LDL-Cholesterol. When LDL-cholesterol builds up in the arteries it causes heart problems. Thus, it is known as “bad” cholesterol.
- 2. HDL: HDL-Cholesterol transports cholesterol through our blood to the liver where it's flushed away. The more HDL we have, the lower our risk for heart problems such as heart attack or stroke. Thus, HDL is known as “good” cholesterol.
- If you are diagnosed with high cholesterol, your doctor can help you take control of your condition either through medication or through a lifestyle change. We recommend you ask your doctor about ways to reduce your risk for heart disease.
- The good news is that there are steps you can take to prevent high cholesterol—or to reduce your levels if they are high.

Source: Centers for Disease Control, “Frequently asked questions (FAQs) about high blood cholesterol”, found at “<http://www.cdc.gov/cholesterol/faqs.htm>”, accessed on December 15, 2013.