

心臟健康與膽固醇



血中膽固醇含量高(成人 200 mg/dl 或以上)是心血管疾病的風險因素,會導致心臟發作和中風(在美國造成的死亡人數高於所有其他疾病死亡人數的總和)。* 高血膽固醇會造成動脈壁脂肪堆積,可能會使動脈變窄。這些堆積的脂肪最後可能阻礙血液流到心臟或大腦,導致心臟病發作或中風。

膽固醇是一種類似脂肪的物質,存在血液中,也是身體細胞的重要部分。大多數血膽固醇由人體肝臟所製造,其餘膽固醇則是因為食用高飽和脂肪與含膽固醇食物(例如蛋、紅肉、高脂乳品等乳製品)而進入血液。

不管什麼年齡、性別或種族,任何人都可能有高膽固醇。而且,和高血壓一樣,高膽固醇可能不會有任何病症或警訊。大多數人都是在看到驗血報告時才知道自己血中的膽固醇含量過高。

您是否有高膽固醇的風險?

1. 您的兄弟姐妹、父母親是否有高膽固醇?
 是 否

2. 您是否經常食用含飽和脂肪的食物,例如動物產品、可脂、椰子油?
 是 否

3. 您是否經常食用到植物油、人造奶油和加工食品中含有氫化脂肪?
 是 否

4. 您是否經常食用高膽固醇與高脂肪食物,例如蛋、全脂乳品和肉類?
 是 否

5. 您是否超重 20 磅或以上?
 是 否

6. 您是否很少食用高纖維食物,例如胡蘿蔔、燕麥糠、豆類、水果與蔬菜?
 是 否

7. 您是否不清楚您的血中膽固醇含量?
 是 否

如果您的回答:

有 5 題以上答是:您應該與醫師討論您的膽固醇指數和生活習慣。

3-4 題答是:努力讓答是的題目變成答否,同時也與醫師討論。

0-2 題答是:恭喜您非常注意身體健康!

Heart Health and Cholesterol



High levels of cholesterol in the blood (200 mg/dl or above for adults) have been associated with the development of cardiovascular diseases leading to heart attacks and strokes (which kill more Americans than all other diseases combined).^{*} High blood cholesterol levels may lead to narrowing of the arteries as a result of fatty deposit buildup in the artery wall. These fatty deposits may eventually prevent blood from flowing to the heart or brain and result in a heart attack or stroke.

Cholesterol is a fat-like substance found in the bloodstream and is an essential part of our cells. Most of the cholesterol in the bloodstream is manufactured by our liver. Additional cholesterol is introduced into the bloodstream by eating high saturated fat and cholesterol-containing foods, such as animal products (eggs, red meat, high-fat dairy products).

Anyone can develop high cholesterol regardless of age, gender or race. Moreover, similar to hypertension, there may not be any symptoms or warning signs of high cholesterol. Most individuals are unaware that their blood cholesterol levels are high until they receive the results of a blood test.

Are you at risk for high cholesterol?

1. Does your brother, sister, mother or father have high cholesterol levels? Yes No
2. Do you regularly eat foods that contain saturated fats such as animal products, cocoa butter, coconut oil or palm oil? Yes No
3. Do you regularly eat hydrogenated fats found in vegetable oil, margarine and processed foods? Yes No
4. Do you regularly eat foods high in cholesterol and fat such as eggs, whole milk dairy products and meats? Yes No
5. Are you overweight by 20 pounds or more? Yes No
6. Do you avoid foods high in fiber such as carrots, oat bran, beans, fruits and vegetables? Yes No
7. Are you unaware of your blood cholesterol level? Yes No

If you score:

5 or more YES answers: You should speak with your physician about your cholesterol level and lifestyle habits.

3–4 YES answers: Concentrate on changing those YES answers to NO answers and speak with your physician.

2 or fewer YES answers: Congratulations for paying close attention to your health!



Good and bad cholesterol

Cholesterol is not dissolved in the bloodstream but is carried through the body by transporters called lipoproteins. LDL (Low Density Lipoprotein) = “Bad” Cholesterol. HDL (High Density Lipoprotein) = “Good” Cholesterol.

Cholesterol transported by LDL (bad) cholesterol is associated with the formation of fatty deposits in the arteries. These fatty deposits can clog the arteries that

supply blood to the heart and brain, which can result in a heart attack or stroke.

Cholesterol transported by HDL (good) cholesterol removes excess cholesterol from the bloodstream, thus reducing the risk for coronary heart disease and/or stroke. The level of LDL cholesterol in your blood and the ratio of HDL cholesterol to total cholesterol can determine your risk for heart disease and stroke.

Screening Recommendations		
Blood Cholesterol Levels	199mg or less	200mg or more
Screening Frequency	Consult your physician for specific screening guidelines.	A complete cholesterol panel is recommended. See your physician.

Recommended Healthy Levels Ages 2–18			
	Excellent	Borderline	High
Cholesterol	170 or less	171–199	200 or more
LDL Cholesterol	110 or less	111–129	130 or more
HDL Cholesterol	60 or greater	36–59	35 or less

Screening recommendations: Consult your physician for specific screening guidelines.

Recommended Healthy Levels Ages 19 and Older				
	Excellent	Good	Borderline to High Risk	Poor
Total Cholesterol – Men	Less than 180	180–199	200–239	240 or more
Total Cholesterol – Women	Less than 180	180–199	200–239	240 or more
HDL Cholesterol – Men	50 or more	45–49	35–44	34 or less
HDL Cholesterol – Women	60 or more	55–59	40–54	39 or less
Total Cholesterol/HDL Ratio – Men	4.0 or less	4.1–5.0	5.1–6.5	6.6 or more
Total Cholesterol/HDL Ratio – Women	3.3 or less	3.4–4.5	4.6–6.5	6.6 or more
LDL Cholesterol – Men	100 or less	100–129	130–159	160 or more
LDL Cholesterol – Women	100 or less	100–129	130–159	160 or more

For more information about UnitedHealthcare’s Asian American Markets, visit www.uhcasian.com.



Source: (UnitedHealthcare is not affiliated with this Web site.)

*American Heart Association, www.americanheart.org

This information was prepared solely for general educational purposes. If you have specific questions about the topic(s) featured in this flier or about other health conditions, see your doctor.

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好膽固醇與壞膽固醇

膽固醇不會在血液分解，而是透過一種稱為脂蛋白的載體輸送到全身。低密度脂蛋白 (LDL) = 「壞」膽固醇。高密度脂蛋白 (HDL) = 「好」膽固醇。

LDL (壞) 膽固醇輸送的膽固醇與動脈脂肪堆積有關。這些脂肪堆積可能會造成心臟或大腦的供血動脈阻塞，進而導致心臟病發作或中風。

HDL (好) 膽固醇運送的膽固醇可以清除血中過剩的膽固醇，因此能降低冠狀心臟病和 (或) 中風的風險。血中 LDL 膽固醇含量與 HDL 膽固醇和總膽固醇的比率可決定您得到心臟病與中風的風險。

篩檢建議

血中膽固醇含量	199mg 或以下	請向醫師詢問特定的篩檢準則。	篩檢頻率
	200mg 或以上	建議做完整的血脂檢查。請向醫師諮詢。	

建議的健康值：2-18 歲

膽固醇	170 或以下	171-199	200 或以上	優	警戒值	高
LDL 膽固醇	110 或以下	111-129	130 或以上			
HDL 膽固醇	60 或以上	36-59	35 或以下			

篩檢建議：請向醫師詢問特定的篩檢準則。

建議的健康值：19 歲或以上

總膽固醇 - 男性	180 以下	180-199	240 或以上	優	警戒值至高風險	差
總膽固醇 - 女性	180 以下	180-199	240 或以上			
HDL 膽固醇 - 男性	50 或以上	45-49	34 或以下			
HDL 膽固醇 - 女性	60 或以上	55-59	39 或以下			
總膽固醇 / HDL 比率 - 男性	4.0 或以下	4.1-5.0	6.6 或以上			
總膽固醇 / HDL 比率 - 女性	3.3 或以下	3.4-4.5	6.6 或以上			
LDL 膽固醇 - 男性	100 或以下	100-129	160 或以上			
LDL 膽固醇 - 女性	100 或以下	100-129	160 或以上			

欲查詢有關 UnitedHealthcare 亞裔市場部的詳細資訊，請上網 www.uhcasian.com



資料來源：(UnitedHealthcare 與下述網站並無關聯。)

*美國心臟協會：www.americanheart.org

本資訊僅供一般教育之用。如果您有關於本傳單專題或其他健康情況的特定疑問，請向醫師諮詢。

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