



膽固醇是一種類似脂肪的物質，它存在身體的每個細胞之中，是身體機能正常運作之所需。膽固醇可分為壞膽固醇（低密度脂蛋白，LDL）和好膽固醇（高密度脂蛋白，HDL）。好膽固醇可以用來清除血液中的壞膽固醇。血液中 LDL 膽固醇太多會置健康於嚴重的風險中，可能引起心臟病。\* 不過，您可以採取幾個步驟來降低高膽固醇。

## 什麼原因造成高膽固醇？

壞膽固醇含量高可能遺傳自父母，也可能是不良飲食所致。您不能改變基因，因此飲食是改善健康很好的著眼點。

## 修正飲食

減少總脂肪攝取，尤其是飽和脂肪。這意味著：

- 使用單一不飽和脂肪的食用油（橄欖油、菜籽油、葡萄籽油）
- 選擇非脂肪或百分之一脂肪的乳品
- 選擇「好的」蛋白質，例如富含健康 omega-3 脂肪酸的家禽（去皮）和魚類（鮭魚、比目魚和海鱸魚）
- 限制紅肉食用量
- 食用更多綠色葉菜、水果和穀類；這些食物不含任何膽固醇
- 每天一根紅蘿蔔（富含 beta 胡蘿蔔素）以及維生素 C 含量高的水果，例如草莓、柳橙和哈密瓜
- 飲食增加多醣食物，例如燕麥片、燕麥糖製品和豆類（豆莢、豌豆和扁豆）

## 動一動

體脂肪每多出兩磅，平均血中膽固醇含量就會多出一點（或一毫克）。規律地運動，例如游泳、走路、騎腳踏車或打網球，也有助於提高好膽固醇與降低壞膽固醇。每次運動至少燃燒 300 卡路里且每週至少燃燒 1,000 卡路里，不僅能幫助您管理體重，而且可能有助於大幅提高好膽固醇。

# Cholesterol and Your Health



Cholesterol is a fat-like substance present in every cell in the body, and is needed for your body to function properly. There's bad cholesterol (LDL) and good cholesterol (HDL). Good cholesterol can work to remove bad cholesterol from your bloodstream. Too much LDL cholesterol in your blood is a serious health risk that can lead to heart disease.\* However, there are steps you can take to lower high cholesterol.

## What causes high cholesterol?

High levels of bad cholesterol can be inherited from your parents or can result from a poor diet. You can't change your genes, so your diet is a good place to start to make a difference in your health.

## Modify your diet

Eat less total fat, especially saturated fats. That means:

- Use monounsaturated oils (olive, canola, grapeseed)
- Choose nonfat or one-percent-fat dairy products
- Select "good" proteins, like poultry (without the skin) and fish that contain high levels of healthy omega-3 fatty acids (like salmon, turbot and sea bass)
- Limit red meat
- Eat more green leafy vegetables, fruits and grains; they don't contain any cholesterol
- Include a carrot (high in betacarotene) each day and high vitamin C fruits like strawberries, oranges and cantaloupe
- Add complex-carbohydrates like oatmeal, oat bran products and legumes (beans, peas and lentils) to your diet

## Get moving

Every two pounds of excess body fat adds an average of one point (or milligram) to your blood cholesterol levels. Regular exercise, such as swimming, walking, biking or playing tennis can also help to increase your good cholesterol and lower your bad cholesterol. Burning at least 300 calories per exercise session and 1,000 calories per week will help you manage your weight and may help you significantly increase good cholesterol.



## What about medication?

Even when you make changes in your diet, get more exercise and manage your weight, you may still have high cholesterol. People who maintain high blood cholesterol after at least six months of diet modification and cardiovascular exercise are primary candidates for cholesterol-lowering drugs. Plus, if two or more coronary heart disease factors are present, then you may be advised to begin taking medication. Remember, medication therapy\* is most effective when combined with diet modification and cardiovascular exercise. Eat right, get moving, get rid of that belly fat and talk to your doctor about how you can keep your cholesterol numbers where they belong.

## Smoking

Just in case you need another reason not to smoke, LDL cholesterol is increased and HDL cholesterol is decreased by smoking and exposure to secondhand smoke.

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\*Sources (UnitedHealthcare is not affiliated with these authors or Web sites):

National Heart, Lung and Blood Institute/Diseases and Conditions [http://www.nhlbi.nih.gov/health/dci/Diseases/Hbc/HBC\\_WhatIs.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Hbc/HBC_WhatIs.html) Feb. 2006

American Heart Association, [www.americanheart.org](http://www.americanheart.org)

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### 藥物治療呢？

即使改變飲食、更常運動並管理體重，您仍可能有高膽固醇的情況。在修正飲食與進行心血管運動至少六個月以後，如果血中膽固醇仍高，您就可能是需要服用降低膽固醇藥物；加上如果出現至少兩種冠狀心臟病因素，醫師可能建議您開始服用藥物。切記，藥物治療\* 必須搭配飲食修正與心血管運動，才會創造最大功效。請正確飲食、多運動、去除腹部脂肪並與醫師討論如何保持適當的膽固醇。

### 吸菸

假使您還需要一個不吸菸的理由，請注意：吸菸與吸二手菸會增加 LDL 膽固醇與降低 HDL 膽固醇。

\*資料來源 (UnitedHealthcare 與下述作者或網站並無關聯)：

國家心肺及血液研究中心 / 疾病及病況 · [http://www.nhlbi.nih.gov/health/dci/Diseases/Hbc/HBC\\_Whats.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Hbc/HBC_Whats.html) · 2006 年 2 月  
美國心臟協會 · [www.americanheart.org](http://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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