

## HIGH CHOLESTEROL

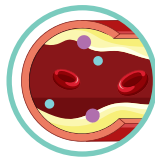
# UNDERSTANDING HIGH CHOLESTEROL

**Hyperlipidemia**, or high blood cholesterol, is a condition where there is high cholesterol in the blood. It is a major cause of heart attacks and stroke.

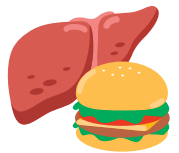


### What is Cholesterol?

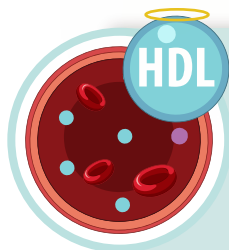
**Cholesterol** is a "fat-like" substance that plays an important role in our body. It helps to build and maintain our cell membranes.



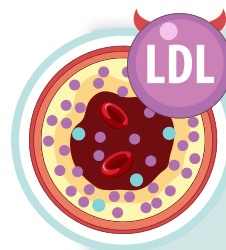
Majority of our body's cholesterol is produced by our liver. The rest of it comes from the food we eat.



There are two types of cholesterol:



**Good cholesterol**, also known as high-density lipoprotein (HDL), removes excess cholesterol from the body tissues.



**Bad cholesterol**, also known as low-density lipoprotein (LDL), causes fatty deposits to build up within the arteries. This results in reduced blood flow and cause blockages over time.

### Causes of High LDL Levels



Increased intake of cholesterol-rich and high-saturated fat foods



Certain health conditions such as diabetes, obesity and certain thyroid disorders



Lack of physical activity



Age, family history and genetic conditions such as Familial Hypercholesterolemia



#### STEP 1

Take this Quiz  
to test your knowledge!  
[for.sg/quiz-highcholesterol](https://for.sg/quiz-highcholesterol)



#### STEP 2

Visit the Health Library for  
more tips & resources.  
[for.sg/ht-health-library](https://for.sg/ht-health-library)