

# Dyslipidemia (Abnormal Lipid Metabolism)

## What is dyslipidemia?

In the blood in our bodies there is cholesterol and neutral fat, both of which are important components in building cells, hormones, and other parts of our bodies. However, too much of these can be bad for us. "Dyslipidemia" refers to a condition where there is too much cholesterol or neutral fat in our system.

\* A total cholesterol test is included in the health checkup for new students at APU. Please see Campusmate for your results. We will mainly discuss cholesterol here.

## What is "good cholesterol" and "bad cholesterol"?

There are two types of cholesterol, often called "good cholesterol" and "bad cholesterol".

**Bad cholesterol (LDL):** This can accumulate on blood vessel walls and can lead to hardening of the arteries (arteriosclerosis).

**Good cholesterol (HDL):** This can carry bad cholesterol away from the blood vessel walls to the liver. You should aim to increase the amount of good cholesterol and decrease the amount of bad cholesterol. The health checkup performed at APU does not measure the amounts of bad cholesterol (LDL) or good cholesterol (HDL).

## Does dyslipidemia have a negative impact on my body?

As bad cholesterol increases, before long it will begin to accumulate on the inside walls of blood vessels, narrowing the blood vessels.

Blood vessels will begin to harden and become brittle (hardening of the arteries), and can cause heart attack or stroke.

## Are there symptoms?

There are no obvious symptoms. This condition is usually discovered during a health check-up, or when other health problems like hypertension, heart attack, or stroke are discovered. Dyslipidemia is a serious health problem, and you should not wait for it to develop into other problems. It is important to get a health check-up so you can be aware of your cholesterol, and identify health problems such as dyslipidemia before they become more serious.

## What kind of person is prone to dyslipidemia?

People who meet some of the conditions listed below may be prone to dyslipidemia. Check this list and see if any of the conditions apply to you. The more that apply, the greater risk you may have of having dyslipidemia.

A history of atherosclerosis and  
dyslipidemia in your family  
High blood pressure/hypertension  
A trend toward obesity  
Drink alcohol frequently

Like sweets, foods with rich cream (like whipped  
cream or cakes), or fruit  
Enjoy meat and fatty foods  
Do not walk much on a daily basis

## Are there any lifestyle changes I can make to prevent dyslipidemia?

Control what you eat!

There are many different causes of dyslipidemia, but the most common factors are related to diet. To prevent dyslipidemia, it is important to maintain a healthy and proper diet.

Diet and Nutrition: [http://sub1.apu.ac.jp/studentsupport/uploads/fckeditor/advisory/healthcare/Diet\\_and\\_Nutrition\\_E.pdf](http://sub1.apu.ac.jp/studentsupport/uploads/fckeditor/advisory/healthcare/Diet_and_Nutrition_E.pdf)

### **Don't take too much!**

#### **Foods that increase cholesterol:**

##### **Animal fats**

Lard, butter, mayonnaise

##### **Fatty meats**

Roast meat, ground meat, chicken skin

##### **Foods high in cholesterol**

Internal organs, such as liver or intestine.

##### **Egg yolks**

People with high cholesterol should limit themselves to 1 egg about every 2 days.

##### **Butter, pastries with whipped cream**

##### **Cakes, cookies, pudding**

### **Eat a balanced diet!**

#### **Foods that reduce cholesterol:**

##### **Fatty fish like salmon, amberjack, blueback**

Fatty fish rich in IPA and DHA can reduce bad cholesterol and increase good cholesterol.

##### **Vegetables, seaweed, mushrooms**

Dietary fiber may reduce the absorption of cholesterol.

Slows the progression of arteriosclerosis (hardening of the arteries).

##### **Soy products: Tofu, natto, soy milk**

These work to lower your cholesterol by interfering with the absorption of cholesterol.

### **Exercise!**

Exercise is important in controlling dyslipidemia by helping the body burn energy, which helps keep fat from accumulating in the body. Additionally, exercise can function to improve the flow of cholesterol in the blood, reducing the bad cholesterol and improving the good cholesterol. Aerobic exercise in particular is effective at burning excess energy and improving the flow of blood throughout the body.

Exercise: [http://sub1.apu.ac.jp/studentsupport/uploads/fckeditor/advisory/healthcare/Exercise\\_E.pdf](http://sub1.apu.ac.jp/studentsupport/uploads/fckeditor/advisory/healthcare/Exercise_E.pdf)

### **Alcohol in moderation!**

Alcohol in moderation (one serving) can have the effect of increasing the amount of good cholesterol in the body. However, drinking more than a moderate amount (more than one serving) supplies the body with excess calories, which will be stored in the form of fats or cholesterol. For more information about alcohol serving sizes, see

Alcohol: [http://sub1.apu.ac.jp/studentsupport/uploads/fckeditor/advisory/healthcare/Alcohol\\_E.pdf](http://sub1.apu.ac.jp/studentsupport/uploads/fckeditor/advisory/healthcare/Alcohol_E.pdf)

### **Quit smoking!**

Smoking tobacco And has been known that atherosclerosis progression is oxidized cholesterol in the blood and smoke, the concentration of cholesterol can also lower the good guys.

Quit Smoking: [http://sub1.apu.ac.jp/studentsupport/uploads/fckeditor/advisory/healthcare/Quit\\_Smoking\\_E.pdf](http://sub1.apu.ac.jp/studentsupport/uploads/fckeditor/advisory/healthcare/Quit_Smoking_E.pdf)

### **Don't stress out!**

Stress can make blood vessels constrict, which can cause blood pressure to rise. To cope with stress people tend to drink to excess, overeat, or other things that lead to an unbalanced lifestyle, which can lead to raised levels of cholesterol and neutral fat levels in the blood. In order to prevent stress from building up, it is important to exercise regularly.

If you have any concerns, please feel free to visit the Health Clinic.



APU Health Clinic  
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