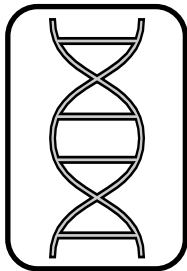


Dyslipidemia

It is a high concentration of lipids (cholesterol, triglycerides or both) or a low concentration of cholesterol rich in lipoproteins (particles of proteins and other substances) (HDL).

Risk Factors



Genetic
(Hereditary)
Causes



Sedentary lifestyle



Suffer from diabetes



Excessive alcohol use



Certain medications

Symptoms

High levels of lipids in the blood typically does not cause any symptoms.

Sometimes it can accumulate fat in the skin and tendons, forming lumps called xanthomas.

Sometimes the person develops white or gray rings in the edge of the cornea.



Also, when triglyceride levels are very high, they can cause:

- Enlargement of the liver or spleen.
- Tingling or burning sensation in the hands and feet.
- Shortness of breath and confusion.
- Development of pancreatitis, a disorder that causes severe abdominal pain.

Diagnosis

Blood tests to determine cholesterol levels.

Treatment

- Lose weight.
- Exercise.
- Reduce saturated fat (harmful fat) and cholesterol in your diet.
- Lipid-lowering drugs (lower lipid levels in the blood).

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after medical treatment, please visit your primary physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

Reference:

https://www.msmanuals.com/es/hogar/trastornos-hormonales-y-metab%C3%B3licos/trastornos-relacionados-con-el-colesterol/dislipidemia-dislipemia#v12820467_es

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