WHY ADULTS NEED REGULAR CHOLESTEROL SCREENING

by
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Teachers and non-teaching personnel may overlook their physical being because of their many tasks. Although they undergo annual physical check-up, regular cholesterol screening may be neglected. Cholesterol is a serious heart disease risk factor. Even if the risk only rises with the level of cholesterol, relatively low values may risk problems with atherosclerosis and therefore should not be taken lightly.

Cholesterol is a fat-like substance found in human and animal tissues. Humans ingest cholesterol from foods like meat, eggs, fish, poultry and dairy products. It can also be synthesized in the body. The blood transports cholesterol in low or high density lipoprotein packages.

Check your cholesterol by knowing the ideal total cholesterol level which is below 150 milligrams. When you have cholesterol values between 150 and 200, moderately decrease intake of saturated and hydrogenated fats in your diet. That means lessen your dairy and poultry intake and do some exercises. When the level increase to 200 to 240, concentrated effort is needed to decrease the atherogenic fats and take dietary measures. Bran and other natural foods should be taken to reduce cholesterol. Exercise and weight-loss program should also be take into serious consideration. Consulting a physician for more detailed ways of managing the cholesterol is also helpful.

The LDL (low-density lipoprotein cholesterol) is dangerous in that it can affect the lining of the coronary arteries. It can incorporate itself with oxygen and trigger development of plaques in arteries. The HDL (high-density lipoprotein cholesterol), on the other hand, acts like a transport system that picks up superfluous cholesterol and transports it to the liver for removal or reprocessing. This means that higher HDL is more
protective than low HDL which can bring about independent risk factors. Thus, one should know the total cholesterol, LDL, and HDL as well as the cholesterol to HDL ratios.

To further assess risk is to calculate the total cholesterol to HDL ratio. A ratio under 4 is associated with low risk of heart disease while a ratio over 6 has high risks. Adults should be checked up every 5 years unless values are high or in borderline which needs to be checked every year.

References:


