

什麼是膽固醇？

膽固醇是脂肪的一種，是人體維持正常機能不可缺乏的物質。膽固醇是人體製造維他命D、膽汁及荷爾蒙的原材料，也是組成細胞膜的主要部份。

膽固醇可以由食物攝取。但只有源自動物類的食物才含有膽固醇，植物是不含膽固醇的。膽固醇也可以由身體自行製造。人體內的膽固醇約6-7成由肝臟製造，其餘從食物中所攝取。由此可見，只是限制進食膽固醇的份量並不足以有效控制血液中膽固醇的水平。

為什麼高膽固醇會危害健康呢？

高膽固醇會增加患上心臟病或中風的機會。血液中的膽固醇會積聚於血管內導致管內空間變窄，甚至會完全堵塞血管而令供應血液的組織缺血。當這現象發生在冠狀動脈(供應血液給心臟的血管)時，心臟病發便會出現；發生在腦血管時，便會引致中風。

我何時應接受膽固醇檢查呢？

建議成年人最少應每五年檢查

血脂水平，當中包括

- 總膽固醇
- 低密度脂蛋白膽固醇
- 高密度脂蛋白膽固醇
- 三酸甘油酯

視乎膽固醇水平及患上心臟病的其他潛在危險因素，你應與你的家庭醫生商討及定出一個配合你個人需要的檢查時間表。



其他引致心臟病的危險因素

- 吸煙
- 高血壓病患者
- 糖尿病患者
- 曾經中風或心臟病發
- 高密度脂蛋白膽固醇指數 (mmol/L) 低於1.04 (男士) 或1.29 (女士)
- 五十五歲或以上的男士；六十五歲或以上的女士
- 有家庭成員曾在五十五歲前患有心臟病
- 肥胖
- 缺乏運動



血液中膽固醇指數是代表什麼呢？

膽固醇與血液中的蛋白質結合形成脂肪蛋白膽固醇 (lipoprotein cholesterol)。在血液中，膽固醇大概可分為兩類：

1. 低密度脂蛋白膽固醇 (LDL-Cholesterol)

它的主要作用是把膽固醇從肝臟帶到身體其他部份，可是過高可能會引致動脈粥樣硬化，所以一般被稱為『壞膽固醇』。進食過量的飽和脂肪是引致高壞膽固醇的主要原因。

2. 高密度脂蛋白膽固醇 (HDL-Cholesterol)

它可以把膽固醇從身體各部份透過血液中運送到肝臟，然後排走，所以也稱為『好膽固醇』。

此外，血液也含有三酸甘油酯 (triglyceride)，它是血液裡的另一種脂肪。

三酸甘油酯過高會增加冠心病的機會，而進食過量高脂肪、高糖份及酗酒是高三酸甘油酯的主要成因。

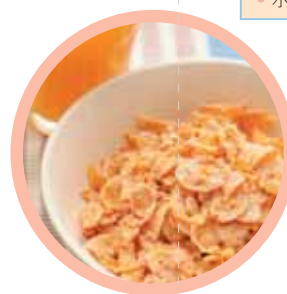
膽固醇指數 (需空腹)		
總膽固醇 (Total cholesterol)		
< 5.2 mmol/L 或 (< 200 mg/dL)	理想	
5.2 - 6.1 mmol/L 或 (200 - 239 mg/dL)	偏高	
≥ 6.2 mmol/L 或 (≥ 240 mg/dL)	心血管疾病風險增加	
低密度脂蛋白膽固醇 (LDL-cholesterol)		
≤ 3.3 mmol/L 或 (≤ 130 mg/dL)	理想	
3.4 - 4.1 mmol/L 或 (130 - 159 mg/dL)	偏高	
≥ 4.2 mmol/L 或 (≥ 160 mg/dL)	心血管疾病風險增加	
高密度脂蛋白膽固醇 (HDL-cholesterol)		
< 1.04 mmol/L 或 (< 40 mg/dL)(男性)	患心血管疾病風險較高	
< 1.29 mmol/L 或 (< 50 mg/dL)(女性)		
≥ 1.55 mmol/L 或 (≥ 60 mg/dL)	減低患心血管疾病的風險	
三酸甘油酯 (Triglyceride)		
< 1.7 mmol/L 或 (< 150 mg/dL)	理想	
≥ 1.7 mmol/L 或 (≥ 150 mg/dL)	患心血管疾病風險較高	

請參考 NCEP ATP 指引

怎樣可改善我的血膽固醇的水平呢？

- 遵守低脂、低膽固醇、及保持健康均衡的飲食習慣
- 戒煙
- 作適量的運動
- 控制體重理想的水平

如已遵照以上建議達六個月然而膽固醇水平仍未有達到既定目標，你的家庭醫生或會根據你的情況建議你考慮接受藥物治療。藥物治療一經開始，可能須要終生使用，所以藥物治療應在改善生活及飲食習慣無效時才考慮使用。



如何進食才是健康呢？

進行低脂、低膽固醇的健康飲食原則並不代表與美食無緣，只要選擇得宜，加上適當的份量及預備方法，你也可以享受美食。以下是一些建議：

較健康的選擇	盡量減少進食的食物
<ul style="list-style-type: none"> • 各類已去皮的瘦肉包括(牛、豬、羊、雞、鴨等) • 大部份海產如魚類、除去頭部的蝦肉、沒有蟹羔的蟹肉等 	<ul style="list-style-type: none"> • 內臟例如豬肝及豬腰等 • 部份海產如墨魚、魷魚、蝦頭、蟹羔、魚卵等 • 含高飽和脂肪的食物如動物皮層(如雞皮、鳳爪)及肥肉 • 豬骨湯
<ul style="list-style-type: none"> • 蛋白 	<ul style="list-style-type: none"> • 蛋黃(每星期可進食一隻蛋連蛋黃)
<ul style="list-style-type: none"> • 適量使用以不飽和脂肪為主的植物油: 粟米油、芥花子油、橄欖油及花生油等 	<ul style="list-style-type: none"> • 含高飽和脂肪的食物油，例如牛油、椰油、棕欖油、豬油
<ul style="list-style-type: none"> • 脫脂奶或脫脂奶粉 • 低脂芝士、低脂乳酪 	<ul style="list-style-type: none"> • 全脂奶、煉奶、忌廉、奶油、雪糕
<ul style="list-style-type: none"> • 蔬菜(以蒸或灼為佳) 	<ul style="list-style-type: none"> • 炒菜(以牛油更甚) • 薯片、炸薯條
<ul style="list-style-type: none"> • 水果 	

膽固醇 CHOLESTEROL



What is Cholesterol?

Cholesterol is a kind of lipid that is vital to normal body functions. It is used to build Vitamin D, bile acids and various hormones inside our body, and is also a key component in cell membrane formation. Cholesterol can be obtained in food. Only foods from animal sources contain cholesterol while foods from plant sources are cholesterol free. Cholesterol can be made in our body as well. About 60% to 70% of our cholesterol are made in the liver while the rest come from food intake. Hence, regulating the cholesterol intake alone may not be sufficient to control the cholesterol level effectively.

Why high cholesterol is harmful to us?

High cholesterol will increase your risk of having a heart attack or stroke. The cholesterol in your blood may be deposited in your arteries and narrows the lumen. Large deposit can even block an artery completely to diminish the blood supply the artery drains to. When it occurs in a coronary artery (artery supplying blood to the heart itself), a heart attack will occur. If it takes place in an artery that supplies blood to the brain, it will result in a stroke.

When should I have my cholesterol check?

Have your blood lipid level (including total cholesterol, LDL-cholesterol, HDL-cholesterol and triglyceride) checked at least every five years depending on your cholesterol level and what other risk factors for heart diseases you might have. You should discuss with your family doctor to determine a personalized cholesterol check schedule.

Other risk factors for heart disease

- Smoking cigarettes
- Having high blood pressure
- Diabetes
- Having had a stroke or heart attack before
- Having a HDL cholesterol level (mmol/L) below 1.04 for men or 1.29 for women
- Being a man 55 years of age or older; Being a woman 65 years of age or older
- Having a family member who had heart disease before 55 years old
- Obesity
- Having a sedentary lifestyle



What the cholesterol reading means to you?

Cholesterol travels in blood binding with protein to form lipoprotein cholesterol. There are two forms of cholesterol:

1. Low-density lipoprotein cholesterol (LDL-Cholesterol)

It is responsible to deliver cholesterol to other parts of our body. However, when LDL-cholesterol is higher than normal level, it may cause atherosclerosis and blockage of blood vessel. That is why it is also known as "bad cholesterol". High saturated fat intake is the main source of high LDL-cholesterol.

2. High-density lipoprotein cholesterol (HDL-Cholesterol)

It transports cholesterol from body to liver for excretion and it is also called "good cholesterol".

Besides lipoprotein cholesterol, we can also find another lipid named triglyceride. Abnormal high level of triglyceride may induce coronary heart disease. High sugar and high fat intake in diet and alcoholism are the main reasons for high triglyceride.

Cholesterol level (Fasting)	
Total Cholesterol (mmol/L)	
< 5.2 mmol/L or (< 200 mg/dL)	Ideal
5.2 - 6.1 mmol/L or (200 - 239mg/dL)	Borderline high risk
≥ 6.2 mmol/L or (≥ 240 mg/dL)	Increased risk for cardiovascular disease
LDL Cholesterol levels	
≤ 3.3 mmol/L or (≤ 130 mg/dL)	Ideal
3.4 - 4.1 mmol/L or (130 - 159 mg/dL)	Borderline high
≥ 4.2 mmol/L or (≥ 160 mg/dL)	Increased risk for cardiovascular disease
HDL Cholesterol levels	
< 1.04 mmol/L or (< 40 mg/dL)(Male)	Higher risk for cardiovascular disease
< 1.29 mmol/L or (< 50 mg/dL)(Female)	
≥ 1.55 mmol/L or (≥ 60 mg/dL)	Reduced risk for cardiovascular disease
Triglyceride	
< 1.7 mmol/L or (< 150 mg/dL)	Optimal
≥ 1.7 mmol/L or (≥ 150 mg/dL)	Higher risk for cardiovascular disease

Refer to NCEP ATP guideline

How to improve my cholesterol level?

- Low fat low cholesterol, healthy eating may protect you from the damaging effect of cholesterol
- Quit smoking
- Have regular physical activity
- Control body weight at desirable level

If you have done all of the above for six months without improvement in achieving target goals, your family doctor may want to discuss using medicine to lower your cholesterol level. This may be a lifelong treatment, so it is normally prescribed only if healthy lifestyle modification measures fail to work.

What sort of foods are healthy choices?

Lowering cholesterol level by healthy eating does not mean you have to give up all your favourite foods. But you might need to eat them less often or sometimes replace them with healthier choices. Here are some suggestions for your reference.



Food that can be used more often	Food that should be consumed less
<ul style="list-style-type: none"> • Poultry without the skin; lean beef, pork and lamb • Most seafood including fish, shrimp meat without head, crab meat without paste 	<ul style="list-style-type: none"> • Organ meats such as liver or kidney • Some seafood such as squid, cuttlefish shrimp head etc. • Food with high saturated fat such as fatty meat, poultry with skin, • Bone soup
<ul style="list-style-type: none"> • Egg whites 	<ul style="list-style-type: none"> • Egg yolks (1 piece of egg with yolk per week is allowed)
<ul style="list-style-type: none"> • Vegetable oils with low saturated fat: corn, sunflower, olive, peanut oil 	<ul style="list-style-type: none"> • Cooking oil with high saturated fats: butter, coconut oil, palm oil, lard and bacon oil
<ul style="list-style-type: none"> • Skimmed milk • Low fat cheese and low fat yogurt 	<ul style="list-style-type: none"> • Full cream milk, evaporated milk, cream, ice-cream
<ul style="list-style-type: none"> • Steam or boiled vegetable 	<ul style="list-style-type: none"> • Buttered or fried vegetable • Potato chip, French fries
<ul style="list-style-type: none"> • Fruits 	

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