



HRIDAYAM
LISTEN TO YOUR HEART

WHAT IS

DYSLIPIDEMIA?

Abnormal levels of lipids or 'fats' in your blood¹

DYSLIPIDEMIA CAN EITHER BE:¹

- High levels of **LDL 'bad' cholesterol** and/or
- Low levels of **HDL 'good' cholesterol** and/or
- High triglycerides (a type of fat)

YOU ARE AT RISK IF YOU:¹



Are obese



Eat unhealthy food



Smoke & drink



Have a family history



Are inactive

Dyslipidemia can remain undiagnosed due to lack of symptoms. Severe & untreated dyslipidemia can lead to **dangerous complications like heart diseases & stroke** which can cause symptoms like:^{1,2}



Chest pain / tightness

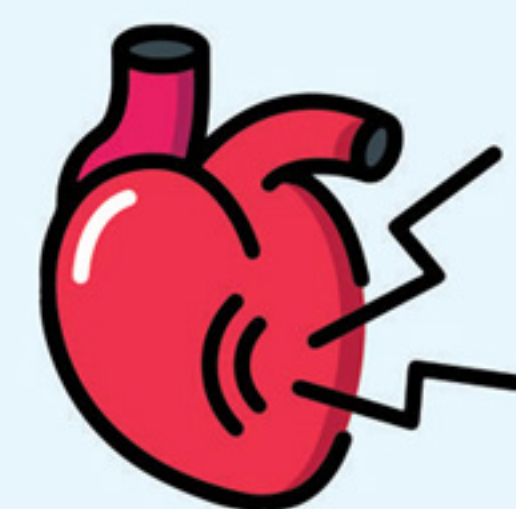


Dizziness/ weakness



Leg pain

Troubled breathing



Fast heartbeat



HEART-HEALTHY CHOLESTEROL LEVELS³

TOTAL

Under 200

LDL

Under 100[#]

HDL

60 or more

FOR MORE INFORMATION, CONSULT YOUR DOCTOR

TO GET A FREE LIVE VIDEO COUNSELLING SESSION CALL HERE: **18002670975** OR



SCAN THE QR CODE OR LOG ON TO **www.hridayam.org**

LDL - Low-Density Lipoprotein, HDL - High-Density Lipoprotein, # These are generic numbers for patients who do not have risk factors, it may vary based on different risk groups as defined by guidelines. Talk to your doctor for more information.

1. Dyslipidemia: What You Need to Know. Available at: <https://www.healthline.com/health/dyslipidemia>, viewed on July 5, 2023. 2. Coronary Artery Disease. Available at: <https://my.clevelandclinic.org/health/diseases/16898-coronary-artery-disease>, viewed on July 5, 2023.

3. Cholesterol Numbers and What They Mean. Available at: <https://my.clevelandclinic.org/health/articles/11920-cholesterol-numbers-what-do-they-mean>, viewed on July 5, 2023.

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