

### 甚麼是膽固醇？

膽固醇是一種由肝臟自然製造的白色蠟性物質，也可從部分日常食物中吸取，如肉類、奶類製品、雞蛋及一些海產如蝦和龍蝦。

膽固醇是脂肪的一種，與血液中的脂蛋白結合，隨血液輸送到身體各部分。

### 膽固醇有甚麼功能？

身體的若干功能如製造某些荷爾蒙和消化食物，均需要膽固醇來維持，但若血液中的膽固醇含量過高，經過一段時間，膽固醇會積聚於血管的內壁上，形成斑塊。當斑塊日積月累，便會令血管變得狹窄而引致血液流量減少。而且，斑塊會變得不穩定和爆裂，形成凝塊，導致血管閉塞。這些都會增加患心臟病的風險。而上述兩種情況均令患者感覺胸痛。

### 怎樣量度膽固醇的水平？

您只需花約五分鐘進行簡單的血液測試，便可得知您的膽固醇水平。如在測試前六小時停止進食，測試的結果便會更加準確。然後，您應就膽固醇的測試結果徵詢醫生的意見。膽固醇水平的解釋如下：

#### 好、壞膽固醇和膽固醇的壞朋友

- 膽固醇總含量：血液中膽固醇的總水平。
- 高密度脂蛋白膽固醇 (HDL)：俗稱好膽固醇是對人體有益的膽固醇，因為好膽固醇可把血液的斑塊帶到肝臟清除。
- 低密度脂蛋白膽固醇 (LDL)：又稱為壞膽固

醇是對人體有害的膽固醇，因為它把由肝臟製造的膽固醇帶到血液中，讓它積聚在血管的內壁。

- 三酸甘油酯：可稱為膽固醇的壞朋友，因為三酸甘油酯反映您日常脂肪、糖或酒精的攝取量。

### 膽固醇的正常水平是多少？

一般來說，體內膽固醇的正常水平是：

#### 膽固醇總含量：

建議少於 5.2 mmol/l (200 毫克份子)

#### 低密度脂蛋白膽固醇：

建議少於 3.4 mmol/l (130 毫克份子)

#### 三酸甘油酯：

建議少於 1.7 mmol/l (150 毫克份子)

#### 高密度脂蛋白膽固醇：

建議高於 0.9 mmol/l (40 毫克份子)

### 甚麼因素引致膽固醇過高？

血液內膽固醇過高的主要原因包括：

- 進食過量含高脂肪的食物，特別是飽和脂肪，如外賣食品、餡餅、糕餅及全脂奶類食品。
- 反式脂肪。
- 體重超標。
- 肝臟製造過量膽固醇。

### 如何減低膽固醇的水平？

- 要減低膽固醇的水平，首先要注意日常飲食。若您已經超重，便應該改變

飲食習慣，同時約見醫生或營養師，讓他們針對您的需要而設計一份低脂餐單。謹記所有食物均含有一定的卡路里或熱量，大量進食將令體重增加。如要減低血液中的膽固醇，更須盡量避免進食含反式脂肪和飽和脂肪的食物。儘管食物中的脂肪使我們覺得飽滿，但是您可以透過進食多些蔬菜、水果、果仁、穀麥及複合碳水化合物（如飯、粉麵和麵包），飽腹和減低脂肪的攝取。您亦可選擇低脂食品，如脫脂奶、低脂乳酪、低脂沙律醬；並避免進食煎炸或用椰奶烹調的食品。這些方法均有助減低壞膽固醇水平。

- 增加運動量 — 提高好膽固醇及壞膽固醇。
- 控制飲酒的數量 — 減低三酸甘油酯的水平和減輕體重。
- 若按照營養餐單進食也不能使血液中的膽固醇含量下降，便需要借助藥物。藥物對於治療高膽固醇十分有效，但需要長期服用。醫生會在處方後，向病人解釋有關藥物的效用和任何可能產生的副作用。

### 脂肪與高膽固醇食物有甚麼分別？

實際上，我們攝取非常少量的膽固醇，但我們吃下的食物內所含的脂肪可能增加壞膽固醇的水平，因為脂肪分為四種，而每種脂肪對可影響血液中的不同膽固醇的水平。

- 多元不飽和脂肪，如紅花籽油或粟米

油、軟性植物牛油、果仁 — 不會增加膽固醇。

- 單元不飽和脂肪，如牛油果、芥花籽或橄欖油 — 不會增加膽固醇。
- 飽和脂肪，如雞皮、加工的肉類、椰子、椰汁、牛油、牛奶、芝士、餡餅和糕餅，會增加低密度脂蛋白膽固醇，應減少或避免進食。
- 反式脂肪，如蛋糕、炸薯條、薯片和餅乾，會增加低密度脂蛋白膽固醇，應減少或避免進食。

### 好消息！

醫學研究證實，每減少 1% 血液內的膽固醇水平，患冠心病的機會便可減少達 2.5%。

若心臟病患者體內的膽固醇水平下降後，積聚在血管的斑塊便停止增加。研究結果顯示，這有助改善患者的病況。

因此為健康著想，由今天開始，控制膽固醇水平。

### 明德國際醫院設有營養師諮詢服務、運動顧問

計劃、Heartscans 和健康普查服務，讓您盡早發現健康的問題，以便及早治療。查詢詳情，請電 **2849 0188**。



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CHOLESTEROL

Let's talk about

CHOLESTEROL

**What is it?**

Cholesterol is a white waxy substance produced naturally by your liver. It is also found in some of the food we eat e.g. meat, dairy products, eggs and seafoods such as prawns and lobster.

Cholesterol is a form of fat. It is carried in the blood by particles called lipoproteins.

**What does it do?**

Your body needs cholesterol to maintain particular body functions e.g. producing certain hormones and digesting food. However too much cholesterol in the blood can raise your risk of developing heart disease. Over a period of years, cholesterol can build up deposits called plaque in your arteries. As plaque builds up, the inside wall of your artery becomes thickened and reduces the blood flow through the arteries. Or, the plaque can become unstable and rupture; causing a clot which can also block your arteries. Either of these situations can lead to chest pain or a heart attack.

**How do I find out my cholesterol level?**

You can have your cholesterol level measured by a simple blood test, which takes about 5 minutes. This test is best taken after you have fasted for 6 hours. Your result will need to be discussed with your doctor. The readings can be explained by the following:

The GOOD, The BAD and The UGLY

- Total Cholesterol: this is the total amount of cholesterol in your bloodstream.
- HDL: (high-density lipoprotein) this is known as the good cholesterol, as it removes the plaque from the bloodstream and carries it to the liver for disposal.
- LDL (low-density lipoprotein): is known as

the bad cholesterol, as it delivers the cholesterol made in the liver to the bloodstream and deposits the cholesterol in the arterial walls.

- Triglycerides: known as the ugly companion of cholesterol they directly reflect the intake of fat, sugar and alcohol.

**What is a normal cholesterol reading?**

The average person should aim for a reading of:

- Total Cholesterol:**  
recommended to be below 5.2 mmol/l (200mg/dL)
- LDL:**  
recommended to be below 3.4 mmol/l (130mg/dL)
- Triglycerides:**  
recommended to be below 1.7 mmol/l (150mg/dL)
- HDL:**  
recommended to be above 0.9 mmol/l (40mg/dL)

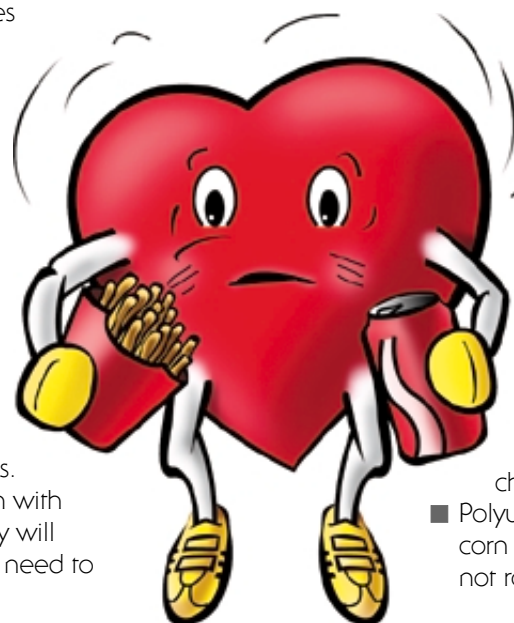
**What causes high cholesterol?**

These are the main reasons for high blood cholesterol:

- Eating too much fat, particularly saturated fat e.g. takeaways, pies, pastries and high fat dairy products.
- Eating too much trans fat.
- Being overweight.
- Too much production of cholesterol from the liver.

**How can I get my cholesterol down?**

- The first step in reducing elevated cholesterol is looking at the food you are eating. If you are overweight aim to reduce it, change your eating habits. Discuss a low fat eating plan with your doctor or dietician; they will direct the specific areas you need to focus on.



Remember all foods contain some amount of calories or energy and if taken in large amount will make you gain weight. Trans fat and saturated fats, in particular should be avoided, to reduce your blood cholesterol level. The fat in food makes us 'feel' full, but you can reduce your fat intake and still enjoy the feeling of 'fullness' by eating more vegetables, fruits, nuts, whole grains and complex carbohydrates (rice, pasta, bread). Take the low-fat options whenever available e.g. skimmed milk, low-fat yoghurt, low-fat dressing, fried foods and avoid foods cooked with coconut milk. This will decrease your total cholesterol and your LDL.

- Increase your physical activity – this will increase the good cholesterol and reduce the bad cholesterol.
- Reduce your alcohol intake this will reduce the triglyceride level and your weight.
- If the cholesterol-lowering diet alone does not reduce your blood level, medication can be added. This medication is very effective but you will need to take it long-term. Your doctor will prescribe the medication; he will explain the benefits and any likely side effects.

**I am confused about fat and cholesterol-rich food?**

The cholesterol we ingest is actually a very small amount, but the fat we eat is more likely to increase our bad cholesterol. The reason for this is that there are 4 types of fat and each type has a different effect on the blood cholesterol.

- Polyunsaturated Fat e.g. sunflower, or corn oil, soft margarine, and seeds - do not raise the cholesterol.

- Monounsaturated Fats e.g. Avocado, olive or canola oil do not raise the blood cholesterol.
- Saturated Fats e.g. skin of chicken, processed meats, coconut, coconut cream, butter, milk, cheese, pies and pastries - increase the total and LDL cholesterol level and should be reduced or avoided.
- Trans Fats e.g. cake, potato chips, crisps and biscuits – increase the total and LDL cholesterol and should be reduced or avoided.

**The Good News:**

**There is good news: medical evidence suggests that every 1% reduction in the blood cholesterol can lead to a 2.5% reduction in the incidence of coronary heart disease.**

**Lowering elevated cholesterol in people with existing heart disease can halt the progression of the existing plaque and has been shown in studies to even help to regress the condition.**

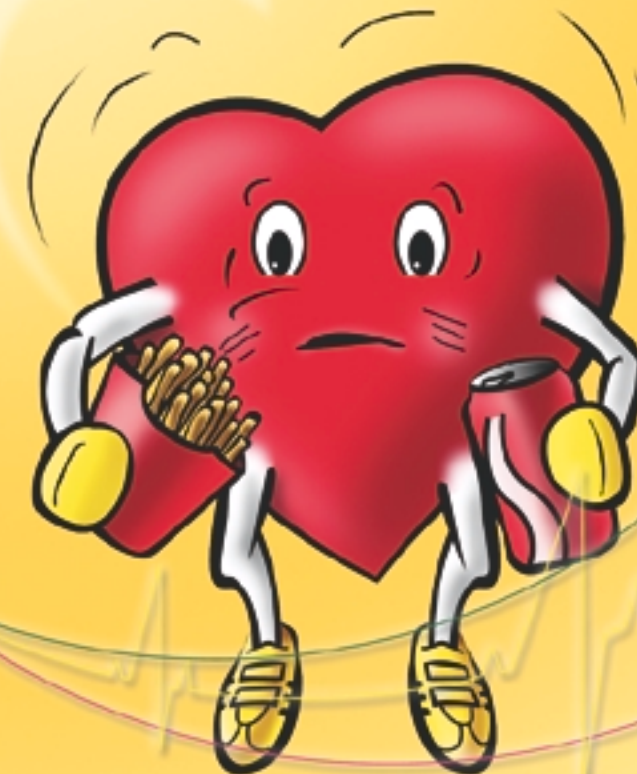
**This shows it is worth making the effort to REDUCE YOUR CHOLESTEROL; start today.**

**The Matilda International Hospital offers dietary consultation, exercise programme advice, heartscans and full health screening which allows for early detection and effective management of your risk factors. For more information phone 2849 0188.**



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膽固醇



齊來討論

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