



## Prevention and Care for Hyperlipidemia in Chinese Medicine 中醫高血脂症的預防與保健(英文)

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### What is hyperlipidemia?

Hyperlipidemia is a metabolic disorder of lipid substance in the blood such as cholesterol, triglyceride and lipoprotein.

### Incidence and complications of hyperlipidemia

Hyperlipidemia is a disease resulted from excessive high lipid substance in the blood, which is the key risk factor causing atherosclerosis and heart disease. One in every 100 people has this disease and the male incidence rate is higher than that of female (except for patients of diabetes ).

### Causes of dyslipidemia

- Genetics ( such as family genetic hyperlipidemia )
- Disease factor ( diabetes, obesity, Cushing's syndrome, nephrotic syndrome, and hypoparathyroidism )
- Diet factor s
- Overweight
- Age and gender ( male > 45 years old, female > 55 years old )
- Excess alcohol drinking
- Taking some medicine such as diuretics, female hormones, contraceptives, and steroids.

### How to maintain normal lipid

- Diet control
  1. Daily balance diet of six categories of food, including dairies, grains, vegetables, fruit, fish and meat, beans, and oil.

2. For balanced diet, avoid eating food with high content of cholesterol, including internal organs (brain, liver, and kidney), crab, lobster, shrimp, fish, oysters, abalone, octopus, squid, sardine, and egg yolk. For fish, choose fish with rich content of  $\omega$ -3 fatty acid such as Pacific saury, salmon, Japanese mackerel, eel (conger, white eel), and white pomfret.

3. Control oil intake by cooking via steaming, blanching, salad, roasting, baking, stewing, and braising. Deep-fried, pan-fried or flaky food is prohibited as well as pig skin, chicken skin, duck skin and fish skin.

4. Use vegetarian oil such as peanut oil, tea seed oil and olive oil to cook vegetable. Avoid using animal oil such as lard, butter, cream and streaky pork.

5. Choose food rich in fiber, including different green vegetables, brown rice, rice with embryo, and whole-grain bread.

6. Avoid drinking alcohol. Drink only moderate amount if necessary.

7. Avoid food and drinks added with sugar, including desserts, pastries and snacks, honey, soda, cola, juice, ice cream, and chocolate.

8. Adjust the lifestyle properly by quitting smoke, engaging with proper exercise and stress regulation to avoid emotional tension.

- Weight control

1. Patients overweight should lose the weight to standard weight.

2. Standard weight ( KG ) =  $22 \times \text{height ( meters )}^2$ . If the figure exceeds the standard weight by 10 %, the patient should lose weight.

- Frequent exercise

1. Proper exercise can increase calorie consumption, reduce lipid storage, while patients can determine by their own condition and environment. Patients can choose jogging, gymnastics, Tai Chi, Chi-Goon, swimming, mountain climbing, bicycle riding, and fitness equipment. Engage in at least 30 minutes of exercise per time and work out 3 times a week. Working out with some sweat is preferable.

2. Hyperlipidemia and coronary cardiovascular disease or cerebrovascular disease can be avoided as long as the patients could constantly maintain certain strength of exercise.

- Food supplement according to Chinese medicine

1. Hawthorn chrysanthemum tea : Hawthorn 10 grams, c  
chrysanthemum 3~5 blossoms for tea brewing.

2. Slim Tea: The physician from the outpatient of Chinese Medicine  
Department will diagnose if the patients are suitable for taking such  
tea.

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若有任何疑問，請不吝與我們聯絡  
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