

47th ANNIVERSARY SPECIAL

www.indiatoday.in



JANUARY 2, 2023 ₹150

INDIA TODAY

THE BEST OF INDIA

EMINENT EXPERTS SELECT THE FINEST OF
75 YEARS OF INDEPENDENCE IN DIVERSE FIELDS

GNIOT GROUP OF INSTITUTIONS - Greater Noida Delhi/NCR

DL GST/13/MP/2022/23/24, ROLL NO. 20585775, REGISTRATION NO. DLIND-1/REGIS/2019/22/2025, LICENSED TO POST VPP NO. UUC138/2021-23, FARIDABAD/05/2020-22

Volume 49 Number 1, Published on every Friday of Advance Week, Posted at LPO Delhi - RWS - Delhi - 110006 on every Friday & Saturday. Total number of Pages 314 (including cover pages)



Dr. Praveen Sadarmin

MBBS, MRCP (UK), MRCPE,
MD (Research Dectorate - UK), CCT - Cardiology (UK),
Consultant Interventional Cardiologist,
Narayana Institute of Cardiac Sciences (Narayana Hrudayalaya), Bengaluru.

Management of High Cholesterol to reduce Heart Disease

Globally, around 19 million deaths are attributed to cardiovascular diseases. However in India, heart disease strikes Indians at an earlier age than other demographics, often without prior warning. Demographic data indicates that the heart disease rate among Indians is double that of national averages in the western world. This is caused due to an underlying genetic predisposition to metabolic deregulation and cardiomyopathy, as well as a recent shift in modifiable risk factors like increased consumption of saturated fats, trans fats and processed foods in India. This combined with sedentary lifestyles and chronic stress increases the risk of a heart disease. Managing the risk factors is key to lowering your risk of cardiovascular disease. High cholesterol levels are a major risk factor for heart attack and stroke. And if you already have heart disease, managing cholesterol levels can help reduce the risk of future cardiovascular events.



What are bad cholesterol and good cholesterol?

The LDL transports cholesterol around the body and deposits it in your organs. This contributes to a buildup of cholesterol in your arteries. Over time, excess cholesterol can cause arteries to narrow and become blocked, setting the stage for a heart attack or stroke. HDL or good cholesterol carries cholesterol back to the liver. The liver then flushes it from the body. High levels of HDL cholesterol can lower your risk for heart disease and stroke.

Prevention is better than cure

Diet and family history contribute to the development of high blood cholesterol. When it comes to dietary components, saturated fats and trans fat intake is most strongly linked to a higher LDL level. Fortunately, adopting a heart-healthy diet and making changes to your lifestyle, such as indulging in moderate-intensity exercises, helps to lower cholesterol levels in the body.

Management of high Cholesterol to prevent cardiovascular complications

Lifestyle modifications involving diet, alcohol, and exercise should be the first-line therapy for managing high

cholesterol levels. Saturated fats, trans fats, and dietary cholesterol can all raise cholesterol levels. Foods thought to keep cholesterol low include monounsaturated fats (such as nuts and olive oil), polyunsaturated fats (such as sunflower seeds and oil, walnuts and flax seeds), and water-soluble fiber (such as oats, beans, and lentils). Get practical ideas with help of your doctor on a meal plan for cardiovascular health. Aim for at least 30 minutes of exercise a day - atherosclerosis begins early in life and progresses over time with LDL-C levels playing a major role in the rate of cholesterol deposition in the vasculature. Lowering LDL-C levels by lifestyle changes early in life will have long-term benefits. Additionally, in selected individuals initiating drug therapy sooner rather than later will reduce ASCVD events later in life.

Patients with severe hypercholesterolemia are known to be at relatively high risk for developing a heart attack. Such patients deserve intensive treatment with LDL-lowering drugs.

In patients with clinical ASCVD, LDL-c is reduced with high-intensity statins or maximally tolerated statins to decrease ASCVD risk. The goal of therapy is to reduce LDL-c by $\geq 50\%$.

People with diabetes are at high risk of heart disease. A moderate or high-intensity statin is recommended in most adults with diabetes, regardless of their baseline LDL cholesterol level.

The major challenge for use of cholesterol-lowering drugs is the problem of long-term non-adherence. Do not discontinue the drug without your doctor's advice and follow a healthy lifestyle to manage and prevent hypercholesterolemia.