

# Hypercholesterolemia

## General Management Measures

### Dietary Management



Weight control



Reduce consumption of foods high in cholesterol, saturated fat and *trans* fatty acids, and salt. Decrease total caloric intake.



Increase consumption of food low in saturated fat and high in fiber.



Increased exercise

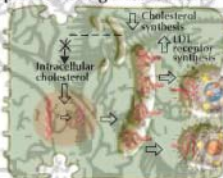
Fish oil supplements

Appropriate diet and exercise are cornerstones of cholesterol management. Dietary counseling and reinforcement and a planned program of physical activity are recommended.

### Actions of Lipid Lowering Medications

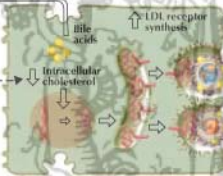
#### Statins

Statins (HMG-Co A reductase inhibitors) inhibit cholesterol synthesis and increase LDL receptor uptake of LDL.



#### Bile Acid Sequestrants

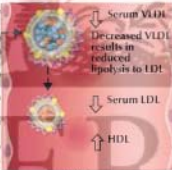
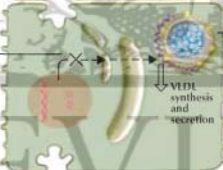
Sequestrants prevent bile acid reabsorption and increase uptake by hepatic LDL receptors.



#### Nicotinic Acid

Drugs reduce tissue lipase activity and impair synthesis of VLDL.

Nicotinic acid



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#### Fibric Acid Derivatives

Act via stimulation of lipase to increase lipolysis by lipoprotein lipase (LPL) thereby decreasing VLDL.

