

A Consumer's Guide To Understanding Medications That Control Cholesterol And Triglycerides

The Role Of Cholesterol And Triglycerides In The Human Body

Cholesterol and triglycerides are molecules in the human body that play essential roles in energy as well as cell structure and these substances are often called lipids. People with excessive amounts of cholesterol and triglycerides have increased risks for certain health problems. Excessive amounts of these fatty substances can increase the risk for heart disease, stroke, and damage to blood vessels. Scientists have not proven a relationship between the risk for dementia and the severity of abnormalities for cholesterol and triglycerides. Scientists have shown that persons who take lipid lowering medications will reduce their risk for developing dementia in later life.

Treating Abnormal Lipids

People can lower cholesterol and triglycerides through diet, weight control, exercise, and medications. Heart-healthy diets that replace red meat with fish are good life choices.

Several forms of cholesterol are present in the body including low density (LDL) or bad cholesterol and high density (HDL) or good cholesterol. People need the proper ratio of the low and high density molecules or they may have increased risk for heart or blood vessel disease. Doctors focus on enhancing good cholesterol while reducing bad cholesterol to the minimum amount. Cholesterol medication will lower bad values or enhance good cholesterol. All such agents seem to have a beneficial effect for reducing the risk of dementia.

Protecting the Brain by Treating Lipids

People with elevated cholesterol and triglycerides can help their brain by protecting blood vessels and heart that sustain brain function. Persons with abnormal cholesterol and triglycerides can help protect their brain against dementia by controlling weight, exercising properly, and taking medications to reduce the level of bad cholesterol, increase good cholesterol, and reduce triglycerides.

Scientists have not performed research to confirm the precise value of managing cholesterol and triglycerides as a method of protecting your brain against Alzheimer's disease. This research may never be performed; however, available information suggests the protective value of treating disorders of cholesterol and triglycerides. Common sense tells people that these steps will benefit some persons' long-term mental function.

We recommend that you take every possible step to control cholesterol and triglycerides in order to reduce your risk for dementia.

Recommended Steps:

1. Control your weight.
2. Eat a healthy, balanced, heart-healthy diet.
3. Ask your doctor about your cholesterol and triglyceride levels.
4. Take medications prescribed to control your cholesterol and triglycerides.