



**PUNTO  
CLÍNICO**  
ESPECIALISTAS

# REDUCCIÓN DEL COLESTEROL

## CONOCE TUS COLESTEROLES

Hay dos tipos: LDL (colesterol malo) y HDL (colesterol bueno). El LDL puede acumularse en las arterias y causar enfermedades cardíacas, mientras que el HDL ayuda a eliminar el colesterol LDL del cuerpo.

1



2

## ESTRATEGIAS PARA REDUCIR EL COLESTEROL

Una dieta saludable y el ejercicio regular pueden ayudar a aumentar los niveles de HDL y reducir los niveles de LDL.

## MEDICAMENTOS Y TRATAMIENTOS

Estatinas: Son medicamentos que reducen los niveles de colesterol en la sangre. Dejar de fumar y limitar el consumo de alcohol también pueden ayudar a reducir el colesterol.

3



4

## SEGUIMIENTO Y MONITOREO

Es importante realizarse exámenes de sangre regulares para monitorear los niveles de colesterol y ajustar el tratamiento. Un perfil lipídico mide los niveles de LDL, HDL y triglicéridos.

# Reduccion Del Colesterol

**Joan Sabaté**



## **Reduccion Del Colesterol:**

## The Enigmatic Realm of **Reduccion Del Colesterol**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Reduccion Del Colesterol** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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