

## Major contribution to cardiovascular disease (CVD)

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**Introduction:** Elevated cholesterol & triglyceride levels are major contributors to cardiovascular disease (CVD), leading cause of mortality worldwide.

**Objective:** To review the Epidemiology, Clinical implications of High cholesterol & triglycerides, and discuss evidence-based Management Strategy.

**Results:** High Cholesterols ( $\geq 200$  mg/dL) & triglycerides ( $\geq 150$  mg/dL) increase CVD risk by two to three fold. Combined Elevation of LDL cholesterol and triglycerides accelerates Atherosclerosis.

**Lifestyle Modifications:** Diet, Exercise, Weight Management, Reduce Cholesterol & Triglycerides by 10-20%. Statins, fibrates, and omega-3 fatty acids effectively lower Cholesterol & Triglycerides.

**Conclusion:** High cholesterol and triglycerides pose a significant threat to cardiovascular health.

1. Early screening and intervention can prevent CVD.
2. Lifestyle modifications are crucial for managing cholesterol & triglycerides.
3. Pharmacotherapy should be tailored to individual risk profile

**Keywords:** Early Detection of High Cholesterol, Triglycerides, Cardiovascular Disease, Atherosclerosis, Lifestyle Modification, Pharmacotherapy.