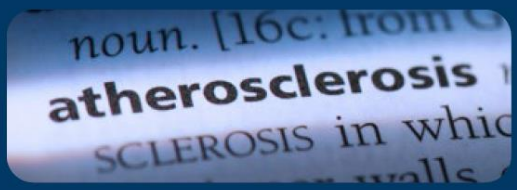

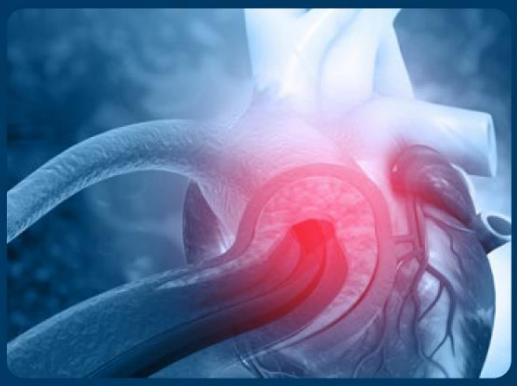

Glossary – Podcast 10

"Know your number, know your cardiovascular disease risk."

Atherosclerotic cardiovascular disease (ASCVD): Atherosclerotic cardiovascular disease refers to cardiovascular complications/events (ie. stroke and heart attacks) caused by atherosclerosis and it is the leading cause of death worldwide.(1)

Cardiovascular risk factor: A factor that increases a person's likelihood of developing cardiovascular disease. Some factors are modifiable (diet, blood pressure and cholesterol levels, smoking habits) while others are non-modifiable (age, gender and heredity). (2)

Familial hypercholesterolaemia (FH): Familial hypercholesterolaemia is an inherited cholesterol disorder characterized by mutations in genes involved in LDL-C clearance. These genetic mutations lead to the accumulation of LDL-C ("bad cholesterol") in the blood and predisposes an individual to early onset cardiovascular disease. A person can present with either heterozygous FH (genetic mutation acquired from one parent) or homozygous FH (two copies of the same genetic mutation acquired from both parents). (3,4)

Cholesterol: Cholesterol is a naturally occurring fat-like (waxy) substance produced mainly by the liver. Cholesterol is vital to the structure and function of cells within the body. However, having too much cholesterol, particular of the bad type may increase the risk of cardiovascular disease. There are two main types of cholesterol: **HDL-C (High-density lipoprotein cholesterol, "good cholesterol")** and **LDL-C (Low-density lipoprotein cholesterol, "bad cholesterol").** Lipoprotein is the name given to cholesterol when combined with the proteins that transport it around the body.(3)

Lipid profile: Also referred to as a full cholesterol test or lipid panel, is a blood test which measures the amount of cholesterol and triglycerides in the blood. (5)

Metabolic syndrome: A group of health conditions that increases the risk of diabetes, heart disease and stroke. A person who presents with three or more of the following risk factors; high blood pressure, high blood glucose (sugar), low HDL-C, large waist circumference (apple shaped body) and high triglycerides is typically diagnosed with metabolic syndrome. (6)

Myocardial infarction (MI): A myocardial infarction, commonly referred to as a "heart attack", results from damage to the heart muscle (myocardium). When a portion of the myocardium is starved of blood (due to a narrowed blood vessel) the cells become deprived of oxygen and consequently die. These events are medical emergencies usually requiring hospitalization and may even be catastrophic, resulting in sudden death. (7)

Postprandial: The time after consuming a meal. [8]

Triglycerides (TGs): Triglycerides are another type of fat (lipid) within the blood. Triglycerides are stored in fat cells and provide the body with energy. High levels may further increase a person's risk of cardiovascular disease and is often associated with obesity and other metabolic diseases. Very high triglyceride levels can lead to pancreatitis (inflammation of the pancreas). [9]

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