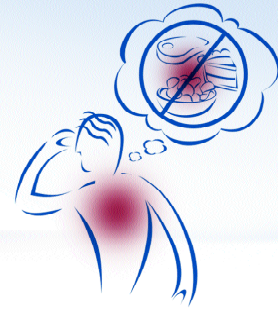


# Quick Tips for Positive Types

JUST WHAT YOU NEED TO KNOW



## Managing Lipids



### What is it & why does it matter?

Lipids are fats in the blood. They can include **cholesterol** (which comes in “good” and “bad” forms) and **triglycerides**. Many people taking drugs to fight HIV experience changes in their blood lipid levels. This usually includes increases in “bad” cholesterol (or LDL) and triglycerides. Sometimes the increases are dramatic and require treatment.

#### Why does it matter?

Increases in blood fat levels can lead to clogged arteries and heart disease. In rare cases, they can also lead to a dangerous inflammation of the pancreas, called pancreatitis.

### QuickTip:

*Increases in blood lipid levels can lead to clogged arteries and heart disease. It is important to maintain a healthy diet and take part in regular physical activity to help minimize your risk.*



### Managing lipids

Healthy eating and regular physical activity can help minimize increases in blood fat levels, as well as improve overall health. This will help reduce the likelihood of heart disease. Here are some quick tips on healthy eating and physical activity. Consider talking to a dietitian for more personalized advice.

#### Nutrition

In general, try not to eat too much fat or sugar. Try to choose healthy sources of unsaturated fat, such as fish and nuts.

#### Avoid

- ✗ *Saturated fats*: fats from animals (meats, dairy) coconut or palm oil, butter, shortening or lard
- ✗ *Trans fats*: fats found in processed baked goods, such as donuts, cookies, and muffins; as well as many fried and fast food snacks, such as potato chips and french fries
- ✗ *Refined carbohydrates*: white bread, cakes, white rice or pasta, candies and chocolates; and alcohol – especially if your triglyceride levels are high
- ✗ Partially hydrogenated or hard margarine
- ✗ *Moderate amounts* of dietary cholesterol, as found in liver, shellfish, and eggs

#### Try to Include

- ✓ *Unsaturated fats*: fats from nuts and seeds, olive oil, canola oil, and sunflower oil
- ✓ *Sources of omega-3 fatty acids*: fish, such as salmon, tuna, and sardines; as well as tofu, walnuts, milled flax seeds and flax seed oil
- ✓ *Sources of soluble fibre*: oats, oat bran, beans, psyllium, brown rice, fruits and vegetables

## Lifestyle

Try to get some moderate exercise, most days of the week. This will help reduce “bad” cholesterol (LDL) and increase “good” cholesterol (HDL). Try to include different types of exercise for maximum benefit. Try to include both *aerobic* and *resistance* exercise:

- ◆ *Aerobic exercise (cardio)*: such as brisk walking, cycling, swimming, or rollerblading. Try to do at least 30 minutes 4 times a week. Remember: you don’t need to do all 30 minutes at once. It may be easier to break it up into shorter 10 minute intervals.
- ◆ *Resistance exercise (weights, strength training)*: can include hand weights, machines at a gym, or exercises that use the weight of the body, such as push-ups.

Also, **smoking can make lipid level increases worse**. If you smoke, ask for help on how to stop.

## Medications

**Some medications may interact with your antiretroviral drugs. This could prevent them from fighting HIV as well as they should.** Always talk to your doctor or pharmacist before using any medications or supplements, including those you can get without a prescription.

Your doctor may suggest that you take a medication to lower your cholesterol or triglycerides. These medications might include a “statin” or a “fibrate.” These medications could interfere with some antiretroviral medications, so your doctor must choose them carefully.



## When should I call my doctor?

There are no outward signs of increased blood lipids. It is important to return for blood tests, as directed by your doctor. Blood tests can detect changes in blood fat levels, so they can be detected and treated quickly.

*There are many things you can do to reduce lipid levels  
for improved long-term health.  
Talk to your healthcare team - they can help.*