



Hyperlipidemia: Inflammation & Cardiovascular Risk

Cholesterol is only part of heart disease risk. Inflammation determines whether plaque forms and ruptures. Many people treat cholesterol numbers while ignoring inflammatory drivers. Addressing both provides true protection.

Inflammation damages arterial walls, allowing cholesterol to embed and form plaque. Insulin resistance, poor sleep, stress, and processed foods fuel chronic inflammation.

Lab trends such as elevated CRP (C-reactive protein) often predict cardiovascular events more accurately than cholesterol alone.

Lowering inflammation through lifestyle change stabilizes plaque and reduces heart attack and stroke risk.

01 Is This Your Story?

A patient on statins has well-controlled LDL but persistently elevated CRP. Over time, imaging shows progressing arterial plaque. When nutrition, sleep, and stress management are improved, CRP falls and plaque progression slows. Cardiovascular risk decreases beyond medication effects alone.

02 Try This Today

Measure: Check whether CRP or other inflammation markers have been tested.

Do: Add one anti-inflammatory habit (movement, sleep, or nutrition) today.

Reflect: Ask whether your heart health plan targets inflammation or cholesterol alone.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

