

**CONSEQUENCES OF LEADING HEALTH LIFESTYLE
ON LIPID PROFILE****Nafi Aziz**

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Abstract: The activity of improving and promoting health is through leading proper health behavior which includes perfect and suitable methods for health living; through leading health lifestyle; via periodic medical consultations and attending physicians for medical checkup and advice. Beside choosing balanced diet and encourage sport exercises; cessation of smoking and alcohol intake. The other aspect, that results in promoting health, longevity and quality of living through preventing of disease occurrence should be through clinical and physical examination via screening services of diseases, such as ischemic heart disease, hypertension and renal problems. All these personal activities will lead to health lifestyle, which consequently is going to minimize the diseases might occur. On conclusion, the study shows that these behavioral aspects will reduce lipid profile; blood pressure, body weight and increase physical fitness in 42% of cases and border line effect on outcome is approximately about 58% of cases and the variable that plays a role is socio – economic status.

Keywords: health behavior, health lifestyle and health promotion lipid profile..

This is an open-access article under the [CC-BY 4.0](https://creativecommons.org/licenses/by/4.0/) license**Introduction****Health life styles:**

Health lifestyle is a important issue to prompt health and provides longevity health behavior , this situation subdivide into two aspects .Health lifestyle is a important and obtainable in major ways to provide good health . life span is go on to be extended to frequent medical checking beside advice as regard for profession , proper diet with good habits and encourage exercise ; weight control , beside get rid of smoking and stress by relaxation and avoiding drug abuse . The blood lipid profile is considered one of the important indicators of human health, as it is greatly influenced by the lifestyle that the individual follows[1]. A healthy lifestyle is one that includes healthy habits and behaviors, such as balanced nutrition, regular physical activity, abstaining from smoking, and reducing alcohol intake. This lifestyle is considered the basis for maintaining cardiovascular health. In this article, we'll

look at the positive effects a healthy lifestyle can have on your lipid profile, and how this can impact overall health.[2]One of the main effects of a healthy biotype on the lipid profile is improved blood lipid balance. For example, people who follow a healthy lifestyle tend to have lower blood levels of triglycerides, which are fats that are linked to an increased risk of cardiovascular disease when they are at high levels. In addition, people who follow a healthy lifestyle tend to have an increase in levels of good cholesterol (HDL cholesterol) in the blood, which is considered protective against cardiovascular disease, as it helps remove harmful cholesterol from the blood vessels[3].In addition, a healthy lifestyle can reduce levels of harmful cholesterol (LDL cholesterol), which is the main cause of fat formation in the arteries and increased risk of cardiovascular disease. With high LDL cholesterol levels a global health challenge, balancing your lipid profile is vital to maintaining cardiovascular health[4].Furthermore, a healthy lifestyle can improve overall blood vessel and heart function, reducing the risk of heart disease and stroke. For example, regular physical activity can help strengthen the heart and increase blood vessel activity, which improves blood flow and reduces the possibility of blood clots[5].In conclusion, scientific research shows that a healthy biotype plays a big role in improving your lipid profile and maintaining cardiovascular health. Therefore, individuals are encouraged to follow a healthy lifestyle, which includes balanced nutrition, regular exercise, and abstaining from harmful habits such as smoking, to achieve tangible health benefits and reduce the risk of cardiovascular disease[6,7,8].

Preventive Care:

The important ways of health lifestyle includes check out the health people with practitioner and other personnel for preventive and adaptation on health care.

Poor people are less likely to use preventive care, thus they frequently visit physicians than other members of other socio-economic group, because of relatively poorer health and underutilization of preventive care

Objectives:

To throw the light on the importance of the effects of health behavior in promotion of health in term of lowering lipid profile especially the protection of HDCL and lowering risk factor lipid which is LDCL.

Methods

A follow up study of (100 cases) males middle aged attending my clinic were complaining of hypertension and hyperlipidemia approved by lab tests and physical examination ,from the period first Jan. 2015 to 30 the June 2015.The method that used for cholesterol, triglyceride, LDL & HDL measurement by spectrophotometry.

Results

In this study shown that Increase cholesterol level and triglyceride, also shown that Low high density cholesterol level and high low density cholesterol level. The period of follow up was 6 months. The

normal value of cholesterol – serum is < 200 mg/dl. HDL – cholesterol – normal value in male is more than 55 mg/dl. While in female is more than 65 mg/dl. However, LDL – cholesterol – normal value is less than 135 mg/dl. Triglyceride – serum – normal value is less than 160 mg/dl. Cholesterol / HDL ration normally is less than 5. LDL/HDL ratio normally is less than 4.

The mean lipid profile of those study patients had more than above mentioned values who are attending the clinic besides their weights were examined.

Instruction given to those patients about aspects of health behavior and after 6 months of repetition of lipid profile investigations- 42% of them showed lowering of lipid profile and lowering their blood pressure besides their weight were reduced and physical fitness improved, while 58% of cases were given supportive drugs such as Ilescol and Lepanthyl were representing borderline decline in lipid profile; it is shown that they were characterized by low socioeconomic status.(5).

Discussion

Health behavior aspects has tremendous improvement of lipid profile, reduction in blood pressure, improves physical fitness in patients and weight reduction; especially in those cases characterized with high socioeconomic status; in contrast with poor socioeconomic status whom utilizing medical care rather than preventive care which representing 58% of cases ; in which they do not leading healthy life style & especially they don't practicing sport exercise which were in border line in all parameters studied ; due the fact that the variable responsible is low socioeconomic status .(10,11).

Conclusion

the study shows that these behavioral aspects will reduce lipid profile; blood pressure, body weight and increase physical fitness in 42% of cases and border line effect on outcome is approximately about 58% of cases and the variable that plays a role is socio – economic status.

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