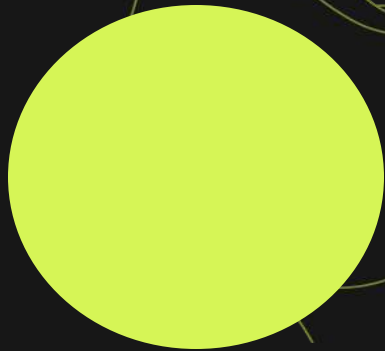


Dr. Alex Jimenez D.C.

Dr. Alex Jimenez Presents:



A Look At Dyslipidemia Risk Factors

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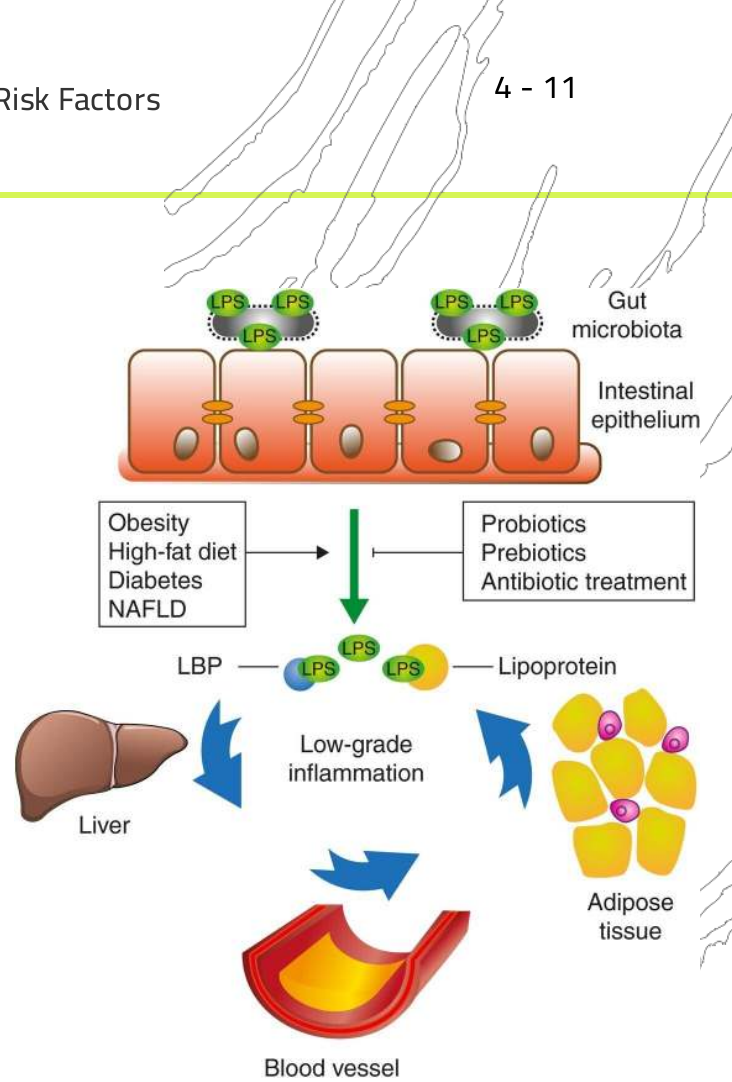
01

The Risk Factors Of Dyslipidemia

Dr. Jimenez, D.C., presents how dyslipidemia can increase the chances of various issues associated with multiple risk factors that can cause muscle and joint pain. By understanding where these issues affect the body, many specialists associated with dyslipidemia can come up with a solution to reduce dyslipidemia symptoms and other pre-existing symptoms that correlate with high cholesterol. We acknowledge patients to certified providers that provide treatment options for dyslipidemia that can restore body functionality and improve a person's health. We assess each individual and their symptoms by entrusting them to our associated medical providers based on their diagnosis results for a better understanding. We recognize that education is a tremendous way to ask our providers questions that apply to the patient's knowledge and symptoms. Dr. Jimenez, D.C., implements this information as an educational service. [Disclaimer](#)

Today we will look at the guidelines and the risk factors of dyslipidemia. When specialists utilize these guidelines that involve lipid production in the patient's body, they use these guidelines to emphasize lifestyle therapies that can encourage more patient involvement and decision-making regarding their health. When an issue involves an increase or decrease in lipid production in the body, it can be due to lifestyle choices that can affect anyone and correlate to metabolic syndrome. In functional medicine, it is important to look, follow, and know these guidelines to understand better what is going on with the patients and come up with a treatment plan that can help reduce the risk factors of dyslipidemia and treat the symptoms associated with these risk factors.

Regarding these guidelines, doctors work with associated medical specialists that look into lipid production and develop a personalized list for the patients that shows the risk-enhancing factors causing dyslipidemia associated with cardiovascular diseases causing metabolic syndrome. Dyslipidemia is when an imbalance of lipid production in the body causes an increase in high cholesterol due to various factors that can lead to cardiovascular diseases. To that point, when a patient is dealing with high cholesterol due to a sedentary lifestyle or being constantly stressed, it can lead to an imbalance of lipid production and cause doctors to not just look at the standard lipid panels but also figure out how to come up with a treatment plan for their patients to regulate their lipid production.



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02

How To Look For The Risk Factors Of Dyslipidemia?

Dr. Alex Jimenez, D.C., presents: So when it comes to looking at the risk factors that are developing dyslipidemia, functional medicine allows doctors to look at advanced lipid tests and evaluate the risk factors causing dyslipidemia. The evaluations of these tests find various risk factors that conventional medicine would not see, and it shows patients the importance of these results and gets their attention. To that point, many risk factors can enhance the progress of dyslipidemia. Risk factors include:

- Having a family history of premature atherosclerotic cardiovascular diseases (ASCVD).
- High levels of lipoprotein and triglycerides.
- Excessive sedentary lifestyle.
- Lack of physical activity.
- Having pre-existing chronic inflammatory disorders that can cause hypersensitivity to the body.

All these risk factors can cause dyslipidemia to develop and can even overlap risk factors related to metabolic syndrome that can cause muscle and joint pain. Now how is metabolic syndrome associated with dyslipidemia?





03

**Metabolic
Syndrome
&
Dyslipidemia**

Dr. Alex Jimenez, D.C., presents: Metabolic syndrome is a cluster of disorders that could be associated with dyslipidemia, as it can cause a person to feel miserable and affect their quality of life. When individuals have high cholesterol due to physical inactivity, not consuming lots of healthy fruits, vegetables, protein, and whole grains, smoking, or being in constant stress, it can affect the body both inside and out as it can cause a person to have imbalances of lipid and hormone function. When these imbalances affect the body, they can affect the individual's mentality, bring down their energy to feel sluggish, and cause inflammatory issues in their joints and muscles that can lead to various injuries and diseases.

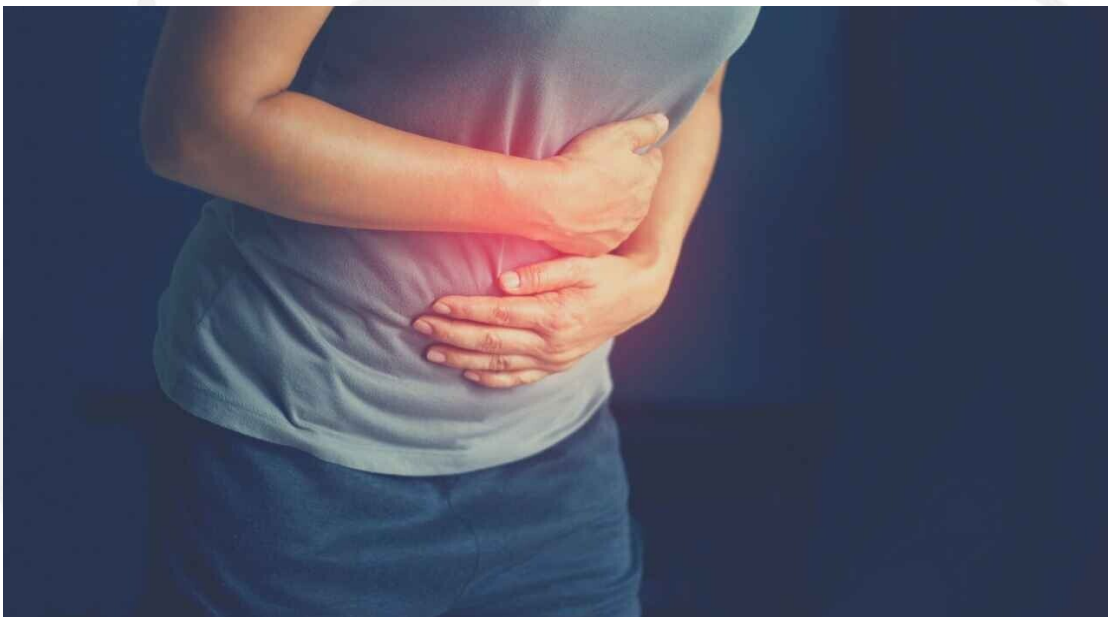
An example would be an individual who comes in dealing with back pain associated with obesity and has been dealing with high blood pressure and high cholesterol.



When that person is being examined by their doctor, their results show an imbalance of how much their body produces lipids. To that point, many individuals are unaware that they have dyslipidemia unless they have a routine blood test and if it has gone severe. Other symptoms that dyslipidemia can cause in the body include:

- Leg pain
- Chest pain and tightness
- Pain in the neck, jaw, shoulders, and back
- Heart palpitations
- Sleep problems
- Leg swelling

If it is not treated right away, it can lead to more issues that can cause pain to the body and leave them feeling hopeless. When these unwanted symptoms and pathogens start to affect the body, it can cause the vital organs that monitor lipid production to be dysfunctional and cause chronic symptoms to rise over time.



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04

Treatments & Guidelines For Dyslipidemia

Dr. Alex Jimenez, D.C., presents: By looking at the guidelines, we can assess the situation that the patient is dealing with, come up with an evaluation of how to reduce these risk factors that are causing dysfunction in the patient's body, and come up with a personalized treatment plan that encourages the patient to participate in and work with other associated medical providers to ensure health and wellness to the person. All is not lost, as there are ways to reduce dyslipidemia associated with metabolic syndrome.



Treatments like chiropractic care can help restore the body's systems through spinal manipulation in the cervical, thoracic, and lumbar regions to reduce stiffness and restore mobility to the person. An anti-inflammatory diet and exercise can help lower inflammatory effects and lower the high cholesterol the person is dealing with. And finally, exercise can help reduce stress and improve the range of motion of the body's joints and muscles. All these treatments work together regarding a person's health and wellness, as the body is a complex machine. The combination of functional medicine and chiropractic care can allow individuals to start making small changes in their lives to restore their health and become pain-free from metabolic syndrome associated with dyslipidemia. Remembering that it takes time for these treatments to show results of feeling good can make the journey to a healthier version of yourself worth it.

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