

Materi Webinar YWC (27-01-2022)-Cegah-Antisipasi Dislipidemia

The collage consists of five screenshots from a Zoom meeting, each displaying a different slide or graphic related to the topic of dyslipidemia.

- Slide 1: CEGAH DAN ANTISIPASI DISLIPIDEMIA DENGAN POLA MAKAN DAN EXERCISE YANG TEPAT**
This slide features a title in bold teal text and a subtitle "Mary Kuswari" with a small bio below it. It includes a small illustration of a person in a blue shirt and green pants.
- Slide 2: OBESITAS DAN BAHAYANYA**
This slide has a teal header and footer. It contains a small illustration of a person in a blue shirt and green pants, and a larger illustration of a person sitting at a desk with a computer monitor showing a chart. Text on the slide discusses the increasing prevalence of obesity and its associated health risks.
- Slide 3: OBESITAS DAN DISLIPIDEMIA**
This slide shows a woman in a blue dress sitting on a scale. Four arrows point from her body to a central illustration of a heart, with labels "HIPERTENSI", "KARDIOVASKULER", "JANTUNG", and "DISLIPIDEMIA" above them.
- Slide 4: BERAPA NILAI PROFIL LIPID KAMU?**
This slide features a teal header and footer. It includes a table titled "Table 1. Diagnostic Criteria for Dyslipidemia (Blood Collected from Patients in Fasting State)*". The table lists cholesterol levels for LDL-C, HDL-C, TG, and Non-HDL cholesterol, along with corresponding lipid profiles.
- Slide 5: PENTING UNTUK MEMILIKI BADAN IDEAL**
This slide shows a diagram of a person's waist with arrows pointing to the left and right. A callout box states: "IMT dan rasio lingkar pinggang-pinggul berhubungan positif dengan kadar lipid darah, trigliserida, dan kolesterol LDL. Sebaliknya, HDL berkorelasi negatif dengan IMT". Below the diagram is a small illustration of a heart.
- Slide 6: GANGGUAN FUNGSI INSULIN DAN JARINGAN LEMAK TUBUH**
This slide features a teal header and footer. It includes a diagram of a liver and intestines with labels like "Beta-cell dysfunction", "Glucose + GAT", "Triglycerides", and "Hepatic steatosis". A callout box states: "Konsumsi makanan berlebih menyebabkan kerusakan fungsi dan jaringan lemak, metabolisme dan fungsi endotel sehingga menyebabkan dislipidemia salah satunya, selain itu juga resistensi insulin berdampak buruk pada kesehatan".

FAKTOR GENETIK TERHADAP DISLIPIDEMIA

Cellular Lipid Update Peltiere
National Lipid Association Prevention

1. Obesitas merupakan faktor risiko utama untuk terjadinya dislipidemia, dimana prevalensnya terus meningkat di seluruh dunia.
2. Perlukan strategi yang efektif untuk mencapai berat badan ideal dan mengelola profil lipid.
3. Faktor penyebab dan akibat dari dyslipidemia bisa berbeda antara setiap individu karena faktor genetik sehingga pendekatan personal diperlukan dalam pola makan maupun olahraga

Extrahepatic lipase (triglyceride, adiponectin)

MARI KITA JAGA POLA MAKAN KITA

Pola makan dan gaya hidup **sedentary** dapat menyebabkan terjadinya penumpukan massa lemak yang dapat memicu berbagai macam risiko penyakit termasuk dislipidemia

Diagram illustrating the relationship between diet, physical activity, and lipid metabolism.