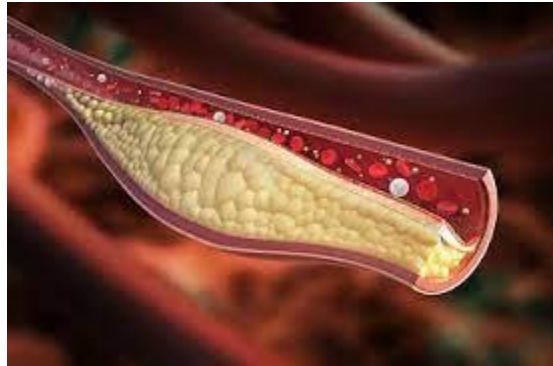


## CHOLESTROL



### What is cholesterol?

Cholesterol is a type of lipid. It's a waxy, fat-like substance that your liver produces naturally. It's vital for the formation of cell membranes, certain hormones, and vitamin D.

Cholesterol doesn't dissolve in water, so it can't travel through your blood on its own. To help transport cholesterol, your liver produces lipoproteins.

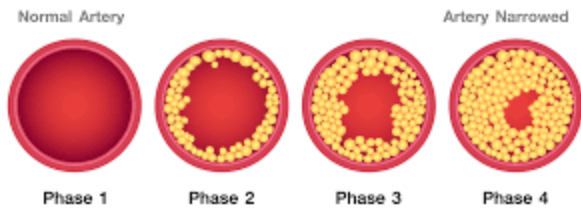
Lipoproteins are particles made from fat and protein. They carry cholesterol and triglycerides (another type of lipid) through your bloodstream. The two major forms of lipoprotein are low-density lipoprotein (LDL) and high-density lipoprotein (HDL).

If your blood contains too much LDL cholesterol (cholesterol carried by low-density lipoprotein), it's known as high cholesterol. When left untreated, high cholesterol can lead to many health problems, including heart attack or stroke.

High cholesterol typically causes no symptoms. That's why it's important to get your cholesterol levels checked on a regular basis. Learn what cholesterol levels are recommended for your age.

### LDL cholesterol, or "bad cholesterol"

## Cholesterol



Low-density lipoprotein (LDL) is often called “bad cholesterol.” It carries cholesterol to your arteries. If your levels of LDL cholesterol are too high, it can build up on the walls of your arteries.

The buildup is also known as cholesterol plaque. This plaque can narrow your arteries, limit your blood flow, and raise your risk of blood clots. If a blood clot blocks an artery in your heart or brain, it can cause a heart attack or stroke.

Triglycerides, a different type of lipid

Triglycerides are another type of lipid. They’re different from cholesterol. While your body uses cholesterol to build cells and certain hormones, it uses triglycerides as a source of energy.

When you eat more calories than your body can use right away, it converts those calories into triglycerides. It stores triglycerides in your fat cells. It also uses lipoproteins to circulate triglycerides through your bloodstream.

If you regularly eat more calories than your body can use, your triglyceride levels can get high. This may raise your risk of several health problems, including heart disease and stroke.

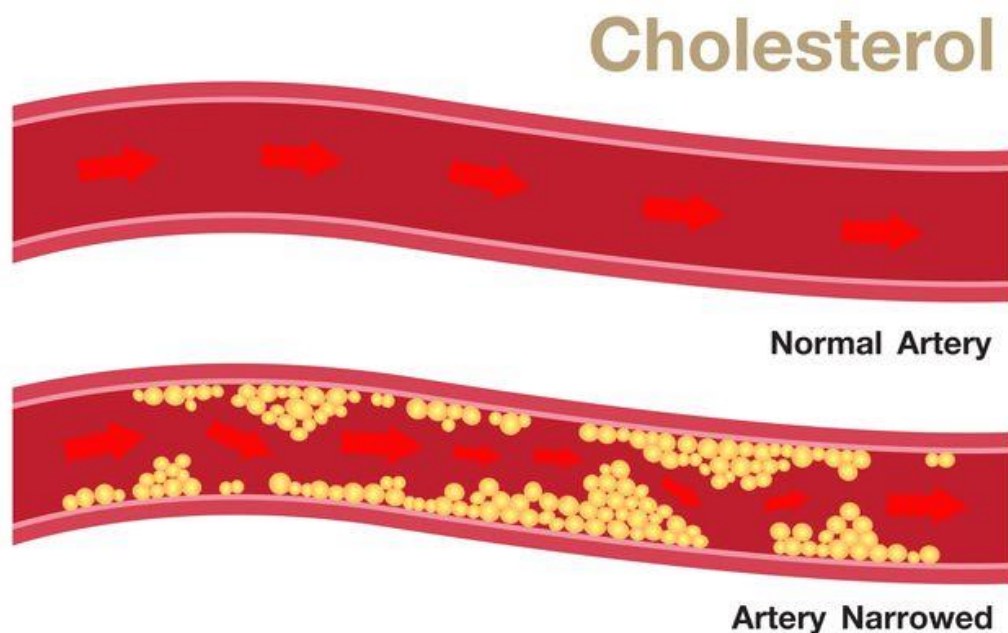
Your doctor can use a simple blood test to measure your triglyceride level, as well as your cholesterol levels.

Eating too many foods that are high in cholesterol, saturated fats, and trans fats may increase your risk of developing high cholesterol. Other lifestyle factors can also contribute to high cholesterol. These factors include inactivity and smoking.

Your genetics can also affect your chances of developing high cholesterol. Genes are passed down from parents to children. Certain genes instruct your body on how to process cholesterol and fats. If your parents have high cholesterol, you're at higher risk of having it too.

In rare cases, high cholesterol is caused by [familial hypercholesterolemia](#). This genetic disorder prevents your body from removing LDL. According to the [National Human Genome Research Institute](#), most adults with this condition have total cholesterol levels above 300 mg/dL and LDL levels above 200 mg/dL.

Other health conditions, such as [diabetes](#) and [hypothyroidism](#), may also increase your risk of developing high cholesterol and related complications. If left untreated, high cholesterol can cause plaque to build up in your arteries. Over time, this plaque can narrow your arteries. This condition is known as [atherosclerosis](#).



**Atherosclerosis is a serious condition**. It can limit the flow of blood through your arteries. It also raises your risk of developing dangerous blood clots.

### **How to lower cholesterol**

If you have high cholesterol, your doctor may recommend lifestyle changes to help lower it. For instance, they may recommend changes to your diet, exercise habits, or other aspects of your daily routine. If you smoke tobacco products, they will likely advise you to quit.

#### **Lowering cholesterol through diet**

To help you achieve and maintain healthy cholesterol levels, your doctor may recommend changes to your diet.

For example, they may advise you to:

- limit your intake of foods that are high in cholesterol, saturated fats, and trans fats
- choose lean sources of protein, such as chicken, fish, and [legumes](#)
- eat a wide variety of high-fiber foods, such as fruits, vegetables, and whole grains
- opt for baked, broiled, steamed, grilled, and roasted foods instead of fried foods
- avoid fast food and junk food

# *Lower Cholesterol*



*Taking Medicine*



*Healthy Diet*



*Losing Weight*



*Exercise*

