



# Understanding Cholesterol

**How cholesterol travels**  
**High-density lipoprotein (HDL)** carries cholesterol away from arteries to the liver. HDL is often called "good cholesterol" because it helps reduce the risk of heart disease. The liver breaks down HDL into smaller particles called apoA-I and apoA-II, which are then excreted in the urine.  
**Low-density lipoprotein (LDL)** carries cholesterol from the liver to the rest of the body. LDL is often called "bad cholesterol" because it can build up in the arteries, leading to heart disease.  
**Very low-density lipoprotein (VLDL)** carries cholesterol from the liver to the rest of the body. VLDL is often called "bad cholesterol" because it can build up in the arteries, leading to heart disease.

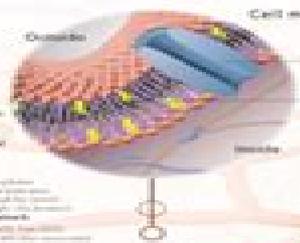
## What is cholesterol?

Cholesterol is a waxy, fat-like substance that is found in all animal cells. It is essential for the production of cell membranes, hormones, and vitamins. Cholesterol is also a major component of lipoproteins, which transport it through the bloodstream. There are two types of cholesterol: low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL is often called "bad cholesterol" because it can build up in the arteries, leading to heart disease. HDL is often called "good cholesterol" because it helps remove LDL from the arteries.

**What does "high cholesterol" mean?**  
 High cholesterol means that there is too much cholesterol in the blood. This can lead to the buildup of plaque in the arteries, which can narrow the arteries and increase the risk of heart disease. High cholesterol is often a symptom of atherosclerosis, a condition in which plaque builds up in the arteries.

**Cholesterol guidelines**  
 The American Heart Association (AHA) recommends that most people have a total cholesterol level of less than 200 mg/dL. For people with heart disease or other risk factors, the goal is even lower. The AHA also recommends that people have an LDL cholesterol level of less than 100 mg/dL and an HDL cholesterol level of at least 40 mg/dL for men and 50 mg/dL for women.

## Chylomicron



**HDL**  
 High density lipoprotein

**LDL**  
 Low density lipoprotein

**HDL**

**VLDL**  
 Very low density lipoprotein

**HDL**

## Endogenous pathway

- LDL is converted to the more atherogenic intermediate density lipoprotein (IDL) in the liver.
- IDL is converted to LDL in the liver and in the bloodstream.
- LDL is taken up by cells in the bloodstream and in the arteries.
- HDL is produced in the liver and in the bloodstream.
- HDL is taken up by cells in the bloodstream and in the arteries.

## Exogenous pathway

- Chylomicrons are produced in the small intestine.
- Chylomicrons are transported to the liver via the lymphatic system.
- In the liver, chylomicrons are broken down into chylomicron remnants.
- Chylomicron remnants are taken up by cells in the liver.

## Cholesterol limits

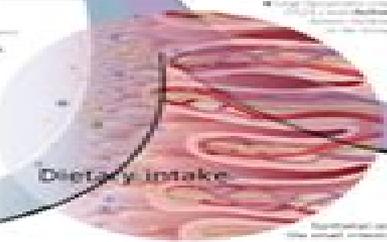
- Total cholesterol: less than 200 mg/dL
- LDL cholesterol: less than 100 mg/dL
- HDL cholesterol: more than 40 mg/dL for men and 50 mg/dL for women
- Triglycerides: less than 150 mg/dL

Category	Desirable	Borderline	High
Total cholesterol	< 200 mg/dL	200-239 mg/dL	≥ 240 mg/dL
LDL cholesterol	< 100 mg/dL	100-159 mg/dL	≥ 160 mg/dL
HDL cholesterol	> 40 mg/dL (men)	> 35 mg/dL (men)	> 50 mg/dL (women)
Triglycerides	< 150 mg/dL	150-199 mg/dL	≥ 200 mg/dL

## What is a lipoprotein?

Lipoproteins are particles that transport cholesterol through the bloodstream. They are made up of cholesterol, phospholipids, and apolipoproteins. There are several types of lipoproteins, including chylomicrons, VLDL, IDL, LDL, and HDL. Each type has a different function and is associated with different health risks.

## Dietary intake



## Reabsorption

## Reabsorption and elimination

## Elimination thru waste



Normal artery      Artery with plaque

## What is atherosclerosis?

Atherosclerosis is a condition in which plaque builds up in the arteries. The plaque is made up of cholesterol, fat, and other substances. As the plaque builds up, it narrows the arteries and can lead to heart disease. Atherosclerosis is often a symptom of high cholesterol.



- Oxidized low-density lipoproteins initiate endothelial cell injury.
- Cells migrate consisting of foam cell macrophages and lymphocytes appear.
- Layers of macrophages and smooth muscle are present.
- Layers of fibrous plaque develop over accumulated foam and cells, protruding into the artery.

### Causes and treatment of high cholesterol

**Causes**

- High consumption of saturated fats and cholesterol
- Lack of exercise
- Age
- Family history
- Smoking
- Diabetes
- Hypothyroidism
- Kidney disease
- Liver disease
- Pregnancy
- Menopause
- Certain medications

**Treatment**

- Diet changes
- Exercise
- Medications
- Smoking cessation
- Alcohol moderation
- Stress management
- Regular medical checkups

# Understanding Cholesterol

**Lorraine E. Bailey, Eleanor Noss  
Whitney**



## **Understanding Cholesterol:**

**Understand Blood Test Results** Lisa Buchanan, 2024-04-16 Understand Blood Test Results is your essential guide to unlocking the mysteries of your bloodwork using clear simple language to help you take charge of your well being Ever wondered what those numbers on your blood test results mean Understanding common blood test results is the key to unlocking valuable insights into your health This book empowers you to take charge of your well being by explaining key tests in clear jargon free language Inside you ll discover The Secrets Behind Blood Tests Learn how cholesterol liver function kidney function blood sugar and heart enzymes provide a snapshot of your overall health Make Informed Decisions Gain the knowledge to interpret your own results and ask informed questions about your health Frequently Asked Questions We answer frequently asked questions about blood tests putting you at ease throughout the process Empowered by Knowledge The Centers for Disease Control and Prevention CDC highlights that a staggering 70% of medical decisions rely on blood tests This book equips you to understand this vital information and participate actively in your healthcare journey Take Control of Your Health Today

**Life Skills, Grades 5 - 8**, 2010-08-06 Guide students in grades 5 and up toward a healthy lifestyle both physically and financially using Life Skills Preparing Students for the Future This 128 page book covers topics such as work ethic nutrition exercise sexually transmitted diseases drugs and preparing financially for the future Graphic organizers self inventories puzzles real life situations and cloze activities provide creative opportunities for students to assess their own lifestyles and make good choices for the future

[Biochemistry and Cell Biology of Ageing: Part I Biomedical Science](#) J. Robin Harris, Viktor I. Korolchuk, 2019-02-18 This new volume in the Subcellular Biochemistry series will focus on the biochemistry and cellular biology of aging processes in human cells The chapters will be written by experts in their respective fields and will focus on a number of the current key areas of research in subcellular aging research Main topics for discussion are mitochondrial aging protein homeostasis and aging and the genetic processes that are involved in aging There will also be chapters that are dedicated to the study of the roles of a variety of vitamins and minerals on aging and a number of other external factors microbiological ROS inflammation nutrition This book will provide the reader with a state of the art overview of the subcellular aging field This book will be published in cooperation with a second volume that will discuss the translation of the cell biology of aging to a more clinical setting and it is hoped that the combination of these two volumes will bring a deeper understanding of the links between the cell and the body during aging

**Understanding Normal and Clinical Nutrition** Eleanor Noss Whitney, Corinne Balog Cataldo, Sharon Rady Rolfes, 1987 Abstract A comprehensive reference text for college nutrition students dietitians clinical nutritionists and other health professionals presents detailed authoritative colorfully illustrated material on a variety of practical areas involving interactions between nutrition and health Topics addressed by the 25 text chapters include nutrition health interaction concepts diet planning guides the characteristics and requirements of each of the major nutrient classes nutritional needs at different life stages

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**Dare to Live** Stephen W Parcell Nd,2011-02 Gender Responsive Investment is a process of ensuring gender equitable access to financial services and investment resources through rigorous assessment of the differing needs of women and men It recognizes that a more equitable allocation of resources will make a greater impact on sustainable economic development with long term benefits for the whole economy This handbook supports policy makers to identify the policies laws and regulations that hinder women s access to finance and assists financial institutions to identify opportunities to deliver inclusive well designed products and services for women *Understanding Biology* Burton S. Guttman,Johns W. Hopkins,1983 *Proceedings of Meetings of the New York Pathological Society* New York Pathological Society,1915

**Studies from the Department of Pathology of the College of Physicians and Surgeons, Columbia College, N.Y.** ,1916 **Understanding Macroeconomics** Kishore G. Kulkarni,2005 **Studies from the Department of Pathology of the College of Physicians and Surgeons, Columbia University, N.Y. ... . Reprints** Columbia University. College of Physicians and Surgeons. Department of Pathology,1917 **Physiological Reviews** ,1925 **Proceedings of the New York Pathological Society** New York Pathological Society,1916 *Studies from the Department of Pathology of the College of Physicians and Surgeons, Columbia University, N.Y. ... , reprints. v. 16, 1917* Columbia University College of Physicians and Surgeons. Dept. of Pathology,1917 **Study Guide to Accompany Whitney, Hamilton Understanding Nutrition, Third Edition** Lorraine E. Bailey,Eleanor Noss Whitney,1984 Special or highlighted themes are included under most of the topic areas e g sugar addiction under the topic of overweight and underweight world hunger under the topic of fat soluble vitamins This study guide is aimed at improving the student s understanding of nutritional concepts and their impacts on health **De Bouse V. Bayer A.G.** ,2008 *Understanding Cholesterol* Judy Monroe Peterson,2010-08-15

Explains the importance of controlling cholesterol in maintaining a healthy body and provides nutrition and exercise tips for lowering levels of bad cholesterol in the body [Archives of Dermatology and Syphilology](#) ,1927

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