



Understanding Cholesterol

How cholesterol travels

High-density lipoprotein (HDL) carries cholesterol away from arteries back to the liver. HDL is often called "good cholesterol" because it helps prevent heart disease. The more HDL you have, the lower your risk of heart disease. HDL is produced by the liver and by certain cells in the body.

Low-density lipoprotein (LDL) carries cholesterol from the liver to other parts of the body. LDL is often called "bad cholesterol" because it can build up in the arteries, leading to heart disease. LDL is produced by the liver.

Very low-density lipoprotein (VLDL) carries cholesterol from the liver to other parts of the body. VLDL is converted to LDL in the bloodstream.

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. It is also a major component of bile, which is used to digest fats. Cholesterol is transported in the blood by lipoproteins.

LDL (Low-density lipoprotein) is often called "bad cholesterol" because it can build up in the arteries, leading to heart disease.

HDL (High-density lipoprotein) is often called "good cholesterol" because it helps remove cholesterol 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.

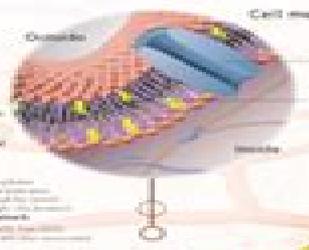
How is cholesterol measured?

Cholesterol is measured in milligrams per deciliter (mg/dL). A blood test called a lipid panel can measure total cholesterol, LDL, HDL, and triglycerides.

Cholesterol guidelines

For most people, the goal is to have a total cholesterol level of less than 200 mg/dL, an LDL level of less than 100 mg/dL, and an HDL level of 40 mg/dL or higher.

For people with heart disease or other risk factors, the goal is to have a total cholesterol level of less than 160 mg/dL, an LDL level of less than 70 mg/dL, and an HDL level of 60 mg/dL or higher.



Endogenous pathway

The liver produces VLDL, which carries cholesterol to other parts of the body. VLDL is converted to LDL in the bloodstream. LDL carries cholesterol to other parts of the body. HDL carries cholesterol from other parts of the body back to the liver. HDL is often called "good cholesterol" because it helps prevent heart disease.

Chylomicron



Exogenous pathway

The exogenous pathway starts in the small intestine, where dietary lipids are absorbed and packaged into chylomicrons. Chylomicrons travel through the lymphatic system and then enter the bloodstream. In the bloodstream, chylomicrons are broken down into chylomicron remnants, which are then taken up by the liver.

Cholesterol limits

For most people, the goal is to have a total cholesterol level of less than 200 mg/dL, an LDL level of less than 100 mg/dL, and an HDL level of 40 mg/dL or higher.

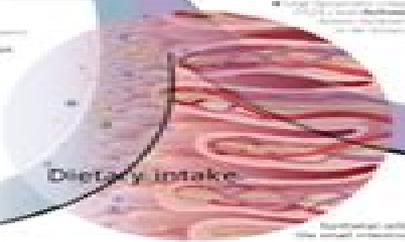
For people with heart disease or other risk factors, the goal is to have a total cholesterol level of less than 160 mg/dL, an LDL level of less than 70 mg/dL, and an HDL level of 60 mg/dL or higher.

Category	Desirable	Borderline	High
Total cholesterol	< 200 mg/dL	200-239 mg/dL	≥ 240 mg/dL
LDL cholesterol	< 100 mg/dL	100-129 mg/dL	≥ 130 mg/dL
HDL cholesterol	≥ 40 mg/dL (men)	35-39 mg/dL (men)	< 35 mg/dL (men)
HDL cholesterol	≥ 50 mg/dL (women)	45-49 mg/dL (women)	< 45 mg/dL (women)
Triglycerides	< 150 mg/dL	150-199 mg/dL	≥ 200 mg/dL

What is a lipoprotein?

Lipoproteins are particles that carry lipids through the bloodstream. They are made up of lipids and proteins. There are several types of lipoproteins, including chylomicrons, VLDL, IDL, LDL, and HDL.

Reabsorption



Reabsorption and elimination

Elimination thru waste



What is atherosclerosis?

Atherosclerosis is a condition in which plaque builds up in the arteries. The plaque is made up of lipids, cholesterol, and other substances. This can narrow the arteries and increase the risk of heart disease.



Progression of plaque development

- Low-density lipoprotein (LDL) enters the endothelium and becomes oxidized.
- Cells, including macrophages and T-lymphocytes, migrate to the site.
- Layers of macrophages and smooth muscle cells are present.
- Layers of fibrous plaque develop over accumulated lipids and cells, protruding into the artery.

Causes and treatment of high cholesterol

Causes

- Genetics: Some people have a genetic predisposition to high cholesterol.
- Diet: A diet high in saturated fats and cholesterol can lead to high cholesterol.
- Lack of exercise: Regular exercise can help lower cholesterol.
- Smoking: Smoking can lower HDL cholesterol.
- Alcohol: Drinking alcohol can raise HDL cholesterol.
- Age: Cholesterol levels tend to rise with age.
- Sex: Men are more likely to have high cholesterol than women.
- Medical conditions: Some medical conditions, such as diabetes and kidney disease, can lead to high cholesterol.

Treatment

- Lifestyle changes: Eating a healthy diet, exercising regularly, and quitting smoking can help lower cholesterol.
- Medications: Statins are the most commonly prescribed medications for lowering cholesterol. Other medications include ezetimibe, PCSK9 inhibitors, and bile acid sequestrants.

Prevention

- Eat a diet low in saturated fats and cholesterol.
- Exercise regularly.
- Quit smoking.
- Limit alcohol consumption.
- Get regular checkups to monitor cholesterol levels.

Understanding Cholesterol

Léo Pomar

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

Understanding Cholesterol:

This book delves into Understanding Cholesterol. Understanding Cholesterol is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Understanding Cholesterol, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Understanding Cholesterol
 - Chapter 2: Essential Elements of Understanding Cholesterol
 - Chapter 3: Understanding Cholesterol in Everyday Life
 - Chapter 4: Understanding Cholesterol in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Understanding Cholesterol. The first chapter will explore what Understanding Cholesterol is, why Understanding Cholesterol is vital, and how to effectively learn about Understanding Cholesterol.
 3. In chapter 2, the author will delve into the foundational concepts of Understanding Cholesterol. This chapter will elucidate the essential principles that need to be understood to grasp Understanding Cholesterol in its entirety.
 4. In chapter 3, the author will examine the practical applications of Understanding Cholesterol in daily life. This chapter will showcase real-world examples of how Understanding Cholesterol can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Understanding Cholesterol in specific contexts. This chapter will explore how Understanding Cholesterol is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Understanding Cholesterol. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Understanding Cholesterol.

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