



Understanding Cholesterol

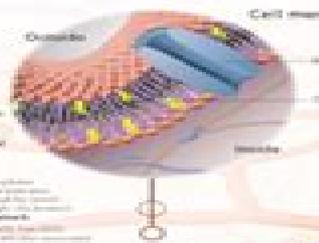
How cholesterol travels
High-density lipoprotein (HDL) carries cholesterol away from arteries to the liver. HDL is often called "good cholesterol" because it helps reduce the risk of heart disease. The liver breaks down HDL into smaller particles called apoA-I and apoA-II, which are then excreted in 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. It is also a major component of bile acids, which are used to digest fats in the small intestine.

What does "high cholesterol" mean?
 High cholesterol means that there is too much cholesterol in your blood. This can lead to the buildup of plaque in the arteries, which can narrow the arteries and increase the risk of heart disease.

Cholesterol guidelines
 The American Heart Association 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.



Chylomicron



Exogenous pathway

The exogenous pathway starts in the small intestine, where dietary lipids are absorbed and packaged into chylomicrons. These travel through the lymphatic system to the liver, where they are broken down into intermediate-density lipoproteins (IDL) and low-density lipoproteins (LDL).

Cholesterol limits

Cholesterol levels should be kept below certain limits to reduce the risk of heart disease. The following table shows the recommended limits for different groups of people.

Group	Total Cholesterol (mg/dL)	LDL Cholesterol (mg/dL)	HDL Cholesterol (mg/dL)
General population	< 200	< 130	> 40
People with heart disease or other risk factors	< 160	< 100	> 35
People with very high cholesterol	< 130	< 70	> 35

Causes and treatment of high cholesterol

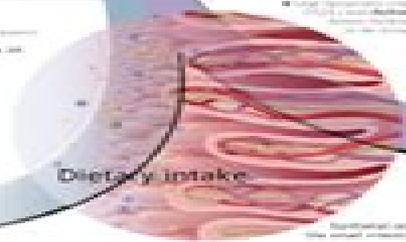
Causes:
 High cholesterol can be caused by a diet high in saturated fats and cholesterol, a lack of exercise, and certain medical conditions like diabetes and kidney disease.

Treatment:
 Treatment for high cholesterol includes lifestyle changes like eating a healthy diet and exercising, and taking medications like statins.

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

Cholesterol is reabsorbed in the small intestine and eliminated through waste. The liver also plays a role in the elimination of cholesterol.



What is atherosclerosis?

Atherosclerosis is a condition in which plaque builds up in the arteries, narrowing them and increasing the risk of heart disease. The plaque is made up of lipids, cholesterol, and other substances.



Progression of plaque development

- 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 lipids and cells, protruding into the artery.

Understanding Cholesterol

Judy Monroe Peterson



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

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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 nutrient digestion absorption and in vivo transport weight control food safety nutritional assessment and care strategies hospital dietetics nutritional and drug therapy nutritional intervention in stress due to surgery infection and burns nutritional interactions with system and organ disorders gastrointestinal tract liver exocrine pancreas gallbladder heart and blood vessels kidneys and nutritional care of cancer patients Ancillary data and information including food composition data RDA s biochemical pathways supplements and enteral formulas are presented in 12 appendices

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 **Heart Attack Proof**

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Columbia University. College of Physicians and Surgeons. Dept. of Pathology,1916 **Physiological Reviews** ,1925
Proceedings of the New York Pathological Society New York Pathological Society,1916 **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 *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

The Top Books of the Year Understanding Cholesterol The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have captivated audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Understanding Cholesterol : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Understanding Cholesterol : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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