



# 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 reduce the risk of heart disease. The more HDL you have, the lower your risk of heart disease.

**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. The more LDL you have, the higher your risk of heart disease.

**Very low-density lipoprotein (VLDL)** carries triglycerides 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. The more VLDL you have, the higher your risk of heart disease.

## What is cholesterol?

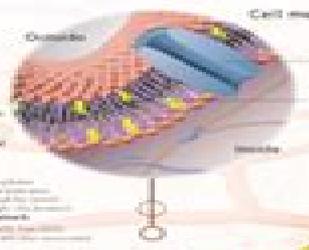
Cholesterol is a waxy, fat-like substance that is found in all animal cells. It is essential for the production of cell membranes, hormones, and vitamins. Cholesterol is also a major component of bile, which is used to digest fats. There are two types of cholesterol: low-density lipoprotein (LDL) and 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 you have a higher than normal amount of cholesterol in your blood. This can increase your risk of heart disease. There are two types of cholesterol: LDL and 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.

**Cholesterol guidelines**

• Total cholesterol < 200 mg/dL  
 • LDL cholesterol < 100 mg/dL  
 • HDL cholesterol > 40 mg/dL (men) > 50 mg/dL (women)



**Endogenous pathway**

The liver produces VLDL, which carries triglycerides and cholesterol to the rest of the body. In the bloodstream, VLDL is converted to IDL and then to LDL. HDL is also produced by the liver and carries cholesterol away from the arteries back to the liver.

## Chylomicron



## Exogenous pathway

The exogenous pathway starts in the intestines where dietary lipids are absorbed and packaged into chylomicrons. These 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

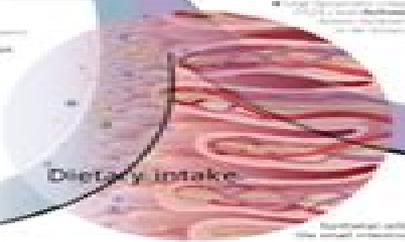
Cholesterol levels should be kept below certain limits to reduce the risk of heart disease. The following table shows the recommended limits for different age groups and genders.

Age Group	Gender	Total Cholesterol (mg/dL)	LDL Cholesterol (mg/dL)	HDL Cholesterol (mg/dL)
18-35	Male	< 200	< 130	> 35
	Female	< 200	< 130	> 40
36-50	Male	< 200	< 130	> 40
	Female	< 200	< 130	> 50
51-65	Male	< 200	< 130	> 40
	Female	< 200	< 130	> 50
66-80	Male	< 200	< 130	> 40
	Female	< 200	< 130	> 50

## What is a lipoprotein?

Lipoproteins are particles that carry lipids through the bloodstream. They are made up of lipids and proteins. There are four main types of lipoproteins: chylomicrons, VLDL, IDL, and LDL. HDL is also a lipoprotein that carries cholesterol away from the arteries back to the liver.

## Reabsorption



## Reabsorption and elimination

## Elimination thru waste



## What is atherosclerosis?

Atherosclerosis is a condition where plaque builds up in the arteries, narrowing the lumen and reducing blood flow. This can lead to heart disease and stroke. The plaque is made up of lipids, cholesterol, and other substances. The process of atherosclerosis is a long-term, slow process that can take decades to develop.



**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

**Causes and treatment of high cholesterol**

**Causes**

- High consumption of saturated fats
- High consumption of trans fats
- Inactivity
- Age
- Family history
- Genetics
- Hormonal changes
- Pregnancy
- Stress
- Alcohol consumption
- Smoking
- Diabetes
- Hypertension
- Kidney disease
- Liver disease
- Hypothyroidism
- Certain medications

**Treatment**

- Diet changes
- Exercise
- Medication
- Lifestyle changes
- Stress management
- Alcohol moderation
- Smoking cessation
- Diabetes management
- Hypertension management
- Kidney disease management
- Liver disease management
- Hypothyroidism management
- Medication management

# Understanding Cholesterol

**JA Banks**



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*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  
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