



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.

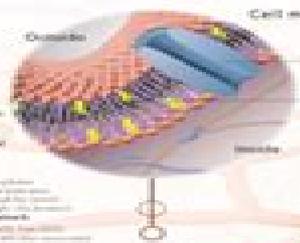
What is cholesterol?

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 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 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 oxidized LDL in the arteries.
- HDL is converted to the more atherogenic oxidized HDL in the arteries.
- Oxidized LDL and oxidized HDL are taken up by macrophages in the arteries, leading to the formation of foam cells.
- Oxidized LDL and oxidized HDL are also taken up by smooth muscle cells in the arteries, leading to the formation of foam cells.

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 the liver via the LDL receptor.

Cholesterol limits

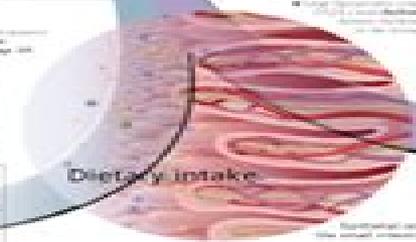
- Total cholesterol: less than 200 mg/dL
- LDL cholesterol: less than 100 mg/dL
- HDL cholesterol: more than 40 mg/dL for men and 50 mg/dL for women
- Triglycerides: less than 150 mg/dL

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 lipids through the bloodstream. They are made up of lipids and proteins. There are four main types of lipoproteins: chylomicrons, very low-density lipoproteins (VLDL), low-density lipoproteins (LDL), and high-density lipoproteins (HDL). Chylomicrons and VLDL are produced in the small intestine and liver, respectively. LDL is produced in the liver and carries cholesterol to the rest of the body. HDL is produced in the liver and carries cholesterol away from the rest of the body.

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 lipids, cholesterol, and other substances. As 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.
- Early, unstable plaques consisting of foam cell macrophages and lymphocyte arrest.
- Layers of macrophages and smooth muscle are present.
- Layers of fibrous plaques develop over accumulated lipids and cells, protruding into the artery.

Causes and treatment of high cholesterol

Causes

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

Treatment

- Diet changes.
- Exercise.
- Medications.

Medications

- Statins.
- Fibrates.
- Niasin.
- Ezetimibe.
- PCSK9 inhibitors.

Understanding Cholesterol

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