



# 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.

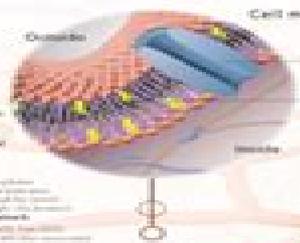
## What is cholesterol?

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 acids, which are 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 lead to heart disease. High cholesterol is often a symptom of atherosclerosis, a condition in which the arteries become hardened and narrowed over time.

**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.
- Oxidized LDL is taken up by macrophages in the artery wall, leading to the formation of foam cells.
- Oxidized LDL is also taken up by smooth muscle cells in the artery wall, leading to the formation of foam cells.
- Oxidized LDL is also taken up by endothelial cells in the artery wall, leading to the formation of foam cells.

## Exogenous pathway

- Chylomicrons are produced in the small intestine.
- Chylomicrons are transported in the bloodstream to the liver.
- In the liver, chylomicrons are broken down into chylomicron remnants.
- Chylomicron remnants are taken up by the liver and broken down into free cholesterol.

## Cholesterol limits

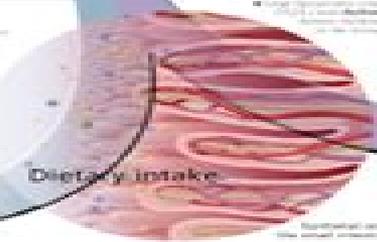
- Total cholesterol: less than 200 mg/dL
- LDL cholesterol: less than 100 mg/dL
- HDL cholesterol: more than 40 mg/dL for men and 50 mg/dL for women
- Triglycerides: less than 150 mg/dL

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)	> 50 mg/dL (women)	< 40 mg/dL (men)
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 are the largest and least dense, while HDL is the smallest and most dense.

## Dietary intake



## Reabsorption

## Reabsorption and elimination

## Elimination thru waste



## What is atherosclerosis?

Atherosclerosis is a condition in which the arteries become hardened and narrowed over time. This is caused by the buildup of plaque in the arteries. Plaque is made up of cholesterol, fat, and other substances. As plaque builds up, the arteries become narrower and the blood flow is restricted. This can lead to heart disease and stroke.



## Progression of plaque development

- 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.
- Inactivity.
- Smoking.
- Age.
- Family history.
- Diabetes.
- Hypertension.
- Obesity.
- Alcohol consumption.
- Stress.
- Pregnancy.
- Menopause.
- Kidney disease.
- Liver disease.
- Certain medications.

**Treatment**

- Diet and exercise.
- Medication.
- Surgery.

**Medication**

- Statins.
- Niacin.
- Ezetimibe.
- Bile acid sequestrants.
- PCSK9 inhibitors.
- Fibrates.
- Omega-3 fatty acids.

# Understanding Cholesterol

**Marco Cascella**



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