



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 plaque from building up in the arteries. HDL is produced by the liver and by certain cells in the body.

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 and cause plaque.

Very low-density lipoprotein (VLDL) carries cholesterol from the liver to the rest 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 and for the synthesis of certain hormones and vitamins. Cholesterol is also a major component of bile acids, which are used to digest fats in the small intestine.

LDL (Low-density lipoprotein) is often called "bad cholesterol" because it can build up in the arteries and cause plaque.

HDL (High-density lipoprotein) is often called "good cholesterol" because it helps remove LDL from the arteries and carries it back to the liver for disposal.

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 and stroke.

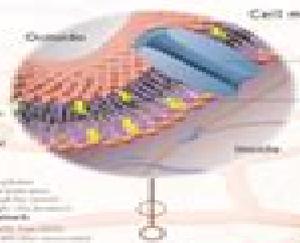
LDL (Low-density lipoprotein) is the "bad" cholesterol. High levels of LDL can lead to the buildup of plaque in the arteries.

HDL (High-density lipoprotein) is the "good" cholesterol. High levels of HDL can help reduce the risk of heart disease and stroke.

Cholesterol limits

Controlled with water = 1.0
 Uncontrolled with water = 1.25

Chylomicron



HDL
High density lipoprotein

LDL
Low density lipoprotein

HDL

VLDL
Very low density lipoprotein

HDL

Endogenous pathway

- LDL is converted to the "bad" cholesterol, LDL, in the bloodstream.
- HDL is converted to the "good" cholesterol, HDL, in the bloodstream.
- VLDL is converted to LDL in the bloodstream.
- HDL is produced by the liver and by certain cells in the body.
- LDL is produced by the liver and by certain cells in the body.

Return path for approximately 50% of LDL

Chylomicron fragments

What is a lipoprotein?

Lipoproteins are substances that transport cholesterol through the bloodstream. They are made up of cholesterol and proteins. There are several types of lipoproteins, including chylomicrons, VLDL, LDL, and HDL.

- **Chylomicrons** are made up of dietary cholesterol and triglycerides.
- **VLDL** (Very low-density lipoprotein) is made up of cholesterol and triglycerides.
- **LDL** (Low-density lipoprotein) is made up of cholesterol and proteins.
- **HDL** (High-density lipoprotein) is made up of cholesterol and proteins.

Exogenous pathway

- Chylomicrons are made up of dietary cholesterol and triglycerides.
- VLDL is made up of cholesterol and triglycerides.
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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 cholesterol, fat, and other substances. This buildup narrows the arteries and 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-filled macrophages and lymphocyte apoptosis.
 - Layers of macrophages and smooth muscle are present.
 - Layers of fibrous plaques develop over accumulated foam and debris, protruding into the artery.

Causes and treatment of high cholesterol

Causes

- High consumption of saturated fats and cholesterol.
- Lack of exercise.
- Genetic factors.
- Age.
- Family history.
- Smoking.
- Diabetes.
- Hypertension.
- Obesity.
- Alcohol consumption.
- Stress.
- Poor diet.
- Lack of sleep.
- Depression.
- Chronic kidney disease.
- Liver disease.
- Hypothyroidism.
- Certain medications.

Treatment

- Diet changes.
- Exercise.
- Medications.
- Lifestyle changes.
- Stress management.
- Smoking cessation.
- Alcohol moderation.
- Sleep hygiene.
- Depression treatment.
- Kidney disease treatment.
- Liver disease treatment.
- Hypothyroidism treatment.
- Medication adjustment.

Understanding Cholesterol

Tobias Bleicker



Understanding Cholesterol:

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Table of Contents Understanding Cholesterol

1. Understanding the eBook Understanding Cholesterol
 - The Rise of Digital Reading Understanding Cholesterol
 - Advantages of eBooks Over Traditional Books
2. Identifying Understanding Cholesterol
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Understanding Cholesterol
 - User-Friendly Interface
4. Exploring eBook Recommendations from Understanding Cholesterol
 - Personalized Recommendations
 - Understanding Cholesterol User Reviews and Ratings
 - Understanding Cholesterol and Bestseller Lists
5. Accessing Understanding Cholesterol Free and Paid eBooks
 - Understanding Cholesterol Public Domain eBooks
 - Understanding Cholesterol eBook Subscription Services
 - Understanding Cholesterol Budget-Friendly Options
6. Navigating Understanding Cholesterol eBook Formats

- ePub, PDF, MOBI, and More
 - Understanding Cholesterol Compatibility with Devices
 - Understanding Cholesterol Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Understanding Cholesterol
 - Highlighting and Note-Taking Understanding Cholesterol
 - Interactive Elements Understanding Cholesterol
 8. Staying Engaged with Understanding Cholesterol
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Understanding Cholesterol
 9. Balancing eBooks and Physical Books Understanding Cholesterol
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Understanding Cholesterol
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Understanding Cholesterol
 - Setting Reading Goals Understanding Cholesterol
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Understanding Cholesterol
 - Fact-Checking eBook Content of Understanding Cholesterol
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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