



# Understanding Cholesterol

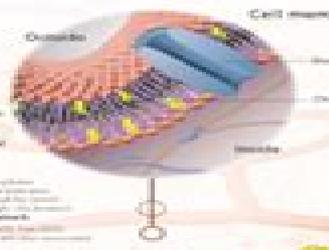
**How cholesterol travels**  
**High-density lipoprotein (HDL)** carries cholesterol away from arteries to the liver. HDL is often called "good cholesterol" because it helps reduce the risk of heart disease. The liver breaks down HDL and excretes it in the form of bile. HDL is produced by the liver and by certain cells in the body, such as macrophages in the arteries. HDL is also produced by the gut. HDL is also produced by the liver and by certain cells in the body, such as macrophages in the arteries. HDL is also produced by the gut.

## What is cholesterol?

Cholesterol is a waxy, fat-like substance that is found in all animal cells. It is an essential part of cell membranes and is used to produce hormones, vitamin D, and bile acids. Cholesterol is also a major component of lipoproteins, which transport it in the blood. 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 caused by a diet high in saturated fats and cholesterol, lack of exercise, and genetics. High cholesterol is often treated with statins, which are drugs that lower cholesterol levels.

**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 lower. The National Cholesterol Education Program (NCEP) has established the following guidelines for total cholesterol levels:  
 • Optimal: less than 200 mg/dL  
 • Borderline high: 200-239 mg/dL  
 • High: 240 mg/dL or higher



## Chylomicron



## Exogenous pathway

The exogenous pathway starts in the intestine, where dietary lipids are absorbed and packaged into chylomicrons. Chylomicrons then travel through the lymphatic system and enter the bloodstream. In the bloodstream, chylomicrons are broken down into chylomicron remnants, which are then taken up by the liver. The diagram is labeled with "Exogenous pathway", "Chylomicron", and "Chylomicron remnants".

## Cholesterol limits

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 lower. The National Cholesterol Education Program (NCEP) has established the following guidelines for total cholesterol levels:  
 • Optimal: less than 200 mg/dL  
 • Borderline high: 200-239 mg/dL  
 • High: 240 mg/dL or higher

Category	LDL Cholesterol (mg/dL)	HDL Cholesterol (mg/dL)	Total Cholesterol (mg/dL)
Optimal	<100	>60	<200
Better	<130	>40	<240
Borderline high	130-159	40-59	240-269
High	≥160	≤35	≥270

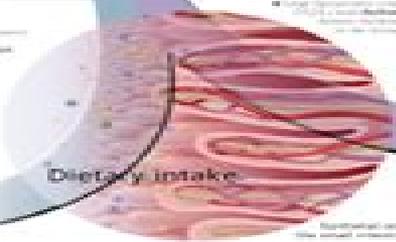
## Causes and treatment of high cholesterol

**Causes**  
 High cholesterol can be caused by a diet high in saturated fats and cholesterol, lack of exercise, and genetics. High cholesterol is often treated with statins, which are drugs that lower cholesterol levels.

**Treatment**  
 The most common treatment for high cholesterol is statins. Other treatments include ezetimibe, PCSK9 inhibitors, and bile acid sequestrants. Lifestyle changes, such as a diet low in saturated fats and cholesterol, and regular exercise, can also help lower cholesterol levels.

## What is a lipoprotein?

Lipoproteins are particles that transport lipids through the bloodstream. They are composed of a core of hydrophobic lipids surrounded by a monolayer of phospholipids and apolipoproteins. The diagram is labeled with "Lipoprotein", "Core", and "Monolayer".



## 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. Atherosclerosis can lead to heart disease and stroke. The diagram is labeled with "Atherosclerosis" and "Plaque".



**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

**LM Reder**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

## **Understanding Cholesterol:**

The Top Books of the Year Understanding Cholesterol The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : 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 captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling 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 captivating 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 thrilling novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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