



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.

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



Exogenous pathway

The exogenous pathway starts in the small intestine, where dietary fats are absorbed and packaged into chylomicrons. These particles 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 liver converts these remnants into very low-density lipoprotein (VLDL), which then travels through the bloodstream to the rest of the body.

Cholesterol limits

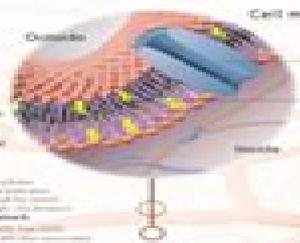
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Category	Desirable	Borderline High	High
Total cholesterol	< 200 mg/dL	200-239 mg/dL	≥ 240 mg/dL
LDL cholesterol	< 100 mg/dL	100-159 mg/dL	≥ 160 mg/dL
HDL cholesterol	≥ 40 mg/dL (men)	35-39 mg/dL (men)	< 35 mg/dL (men)
	≥ 50 mg/dL (women)	45-49 mg/dL (women)	< 45 mg/dL (women)

Causes and treatment of high cholesterol

Causes
 High cholesterol can be caused by a variety of factors, including diet, genetics, and lifestyle. A diet high in saturated fats and cholesterol can lead to high cholesterol. Genetics can also play a role, with some people having a family history of high cholesterol. Lifestyle factors such as smoking, lack of exercise, and being overweight can also contribute to high cholesterol.

Treatment
 Treatment for high cholesterol typically involves lifestyle changes and medication. Lifestyle changes include eating a diet low in saturated fats and cholesterol, exercising regularly, and maintaining a healthy weight. Medication, such as statins, can help lower cholesterol levels.



HDL
 High density lipoprotein



LDL
 Low density lipoprotein

IDL
 Intermediate density lipoprotein



VLDL
 Very low density lipoprotein

HDL

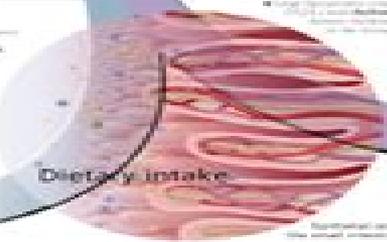


Endogenous pathway

The endogenous pathway starts in the liver, where cholesterol is synthesized and packaged into very low-density lipoprotein (VLDL). VLDL travels through the bloodstream to the rest of the body. In the bloodstream, VLDL is broken down into intermediate-density lipoprotein (IDL) and low-density lipoprotein (LDL). IDL is then taken up by the liver, and LDL is taken up by the rest of the body.

What is a lipoprotein?

Lipoproteins are particles that carry cholesterol and other lipids through the bloodstream. They are made up of a core of hydrophobic lipids surrounded by a monolayer of hydrophilic lipids. The hydrophilic lipids give lipoproteins their water-soluble nature, allowing them to travel through the bloodstream.



Dietary intake

Reabsorption

Reabsorption and elimination

Elimination thru waste



Normal artery **Artery with plaque**

What is atherosclerosis?

Atherosclerosis is a condition in which the arteries become hardened and narrowed. 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 adhesion.
- Layers of macrophages and smooth muscle are present.
- Layers of fibrous plaques develop over accumulated foam and debris, protruding into the artery.

Understanding Cholesterol

Stephen W Parcell Nd



Understanding Cholesterol:

Decoding **Understanding Cholesterol**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Understanding Cholesterol**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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