

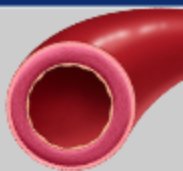
Understanding Cholesterol & Lipids

Cholesterol is a waxy, fat-like substance found in all cells of the body and is essential for various bodily functions. It's primarily produced by the liver but can also be obtained from certain foods like meat and dairy. While the body

Cholesterol is a type of lipid, specifically a sterol, with a complex molecular structure. It plays a crucial role in building and maintaining cell membranes, producing certain hormones (like estrogen and testosterone) and aiding in the production of vitamin D and bile acids.

HDL= GOOD

High-density lipoprotein is known as **"good" cholesterol**. It helps remove excess cholesterol from the liver to the rest of the body.



LDL= BAD

Low-density lipoprotein is known as **"bad" cholesterol**. It carries cholesterol from the liver to the rest of the body leading to plaque buildup in arteries.



Triglycerides

Triglycerides are a type of fat in your blood that your body uses for energy. This is also the most common type of fat in the body. The combination of high levels of triglycerides with low HDL and/or high LDL cholesterol levels can increase your risk for health problems, such as heart attack.

DANGEROUS

Total Cholesterol
**240
and higher**

LDL Cholesterol
**160
and higher**

HDL Cholesterol
Under 40
(male)
Under 50
(female)

AT-RISK

Total Cholesterol
200 – 239

LDL Cholesterol
100 – 159

HDL Cholesterol
40-59
(male)
50-59
(female)

HEART-HEALTHY

Total Cholesterol
Under 200

LDL Cholesterol
Under 100

HDL Cholesterol
**60
and higher**

Causes of High Cholesterol

High cholesterol can be influenced by a combination of genetic predisposition, lifestyle choices, and underlying health conditions. Recognizing the causes and understanding the potential symptoms is pivotal for early detection and effective management.

Many people are unaware they have high cholesterol.

**THE ONLY WAY TO FIND OUT
IS TO HAVE A BLOOD TEST.**



Heart and Vascular Care
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Learn More

