

Understanding High Cholesterol Lam

Anatomical Chart Company
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Understanding High Cholesterol

What is High Cholesterol?

What Causes High Cholesterol?

- **Age:** Cholesterol levels naturally rise with age.
- **Family history:** Some people inherit a genetic predisposition to high cholesterol.
- **Diets high in saturated fats:** Saturated fats, found in red meat, butter, and full-fat dairy products, can raise cholesterol levels.
- **Lack of physical activity:** Regular exercise helps maintain healthy cholesterol levels.
- **Smoking:** Smoking can lower HDL cholesterol and raise LDL cholesterol.
- **Alcohol:** Excessive alcohol consumption can raise triglyceride levels and lower HDL cholesterol.
- **Obesity:** Being overweight or obese is associated with high cholesterol.
- **Diabetes:** People with diabetes often have high cholesterol.
- **Chronic kidney disease:** Chronic kidney disease can affect cholesterol levels.
- **Certain medications:** Some medications, such as beta-blockers and diuretics, can affect cholesterol levels.

Prevention and Management

- **Adopt a heart-healthy diet:** Focus on fruits, vegetables, whole grains, and lean proteins. Limit saturated fats, trans fats, and cholesterol.
- **Exercise regularly:** Aim for at least 150 minutes of moderate-intensity aerobic activity per week.
- **Quit smoking:** Smoking cessation can improve cholesterol levels.
- **Limit alcohol consumption:** Drink alcohol in moderation.
- **Manage stress:** Chronic stress can contribute to high cholesterol.
- **Take cholesterol-lowering medications:** If lifestyle changes are not enough, your doctor may recommend statins or other medications.

Risks of High Cholesterol

High cholesterol is a major risk factor for heart disease. It can lead to the buildup of plaque in the arteries, which can narrow the arteries and reduce blood flow to the heart and other parts of the body. This can increase the risk of heart attack and stroke.

What Levels of Cholesterol are Healthy?

TYPE	HEALTHY CHOLESTEROL LEVELS*	UNHEALTHY CHOLESTEROL LEVELS**
TOTAL CHOLESTEROL (The sum of all of the lipids in your blood, including LDL, HDL, and triglycerides)	Less than 200 mg/dL Ideally, 125-175 mg/dL (Desirable level)	240 mg/dL - undesirable high 300 mg/dL - undesirable high A person with the total cholesterol level at the end of heart disease treatment whose cholesterol is below 200 mg/dL
LDL ("BAD") CHOLESTEROL	Less than 100 mg/dL - ideal for people at low risk of heart disease and stroke Less than 130 mg/dL - a target level of those with heart disease	160 mg/dL - raises the risk of heart disease 190 mg/dL - undesirable high 240 mg/dL - high The lower the LDL, the better. The goal is to get the LDL as low as possible. LDL cholesterol can build up in the walls of arteries and lead to heart disease.
HDL ("GOOD") CHOLESTEROL	60 mg/dL or higher 40 mg/dL for women or cardiovascular protection against heart disease	Less than 40 mg/dL - low Less than 35 mg/dL - low Less than 20 mg/dL - very low
TRIGLYCERIDES	Less than 150 mg/dL (150 mg/dL or lower)	160-199 mg/dL - borderline high 200 mg/dL and above - very high *Based on guidelines from the American Heart Association and the American College of Cardiology. **Based on guidelines from the American Heart Association and the American College of Cardiology.

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#945862 in Office ProductModel: 9781451193244 2013-11-30Original language:EnglishPDF # 1 26.00 x 20.00 x .251, .2 | File size: 67.Mb

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Understanding High Cholesterol is an easy-to-understand overview of high cholesterol and its impact on the body's health. This chart illustrates and defines high cholesterol, discusses the sources of cholesterol from food and within the body, and describes the different types of lipoproteins and cholesterol. Healthy and unhealthy cholesterol levels are described. Defines risk factors and causes of high cholesterol . Prevention and management techniques are also provided.Made in USA20" x 26" heavy weight paper laminated with grommets at top corners Available in the following versions:20" x 26" heavy weight paper laminated with grommets at top corners ISBN 978-1-

4511-9324-420" x 26" heavy weight paper
ISBN 978-1-4511-9325-1