

# Understanding High Cholesterol Paper

Anatomical Chart Company

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**Understanding High Cholesterol**

**What is High Cholesterol?**

Cholesterol is a waxy, fat-like substance that is found in all animal cells. It is essential for the production of hormones, vitamins, and bile. However, high levels of cholesterol in the blood can lead to the buildup of plaque in the arteries, which can increase the risk of heart disease and stroke.

**What Causes High Cholesterol?**

- Eating an unhealthy diet:** High cholesterol levels can be caused by eating a diet that is high in saturated fats, trans fats, and cholesterol.
- Lack of physical activity:** Regular exercise can help lower cholesterol levels.
- Age:** Cholesterol levels naturally increase as you get older.
- Genetics:** Some people have a genetic condition called familial hypercholesterolemia, which causes high cholesterol levels from birth.

**Risk Factors:**

- Family history of high cholesterol
- Diabetes
- Obesity
- Cigarette smoking
- High blood pressure

**Prevention and Management**

- Get regular cholesterol screenings:** Regular cholesterol screenings can help you know your cholesterol levels and if you need to take steps to lower them.
- Adopt a heart-healthy diet:** Eat a diet that is low in saturated fats, trans fats, and cholesterol, and high in fiber, fruits, and vegetables.
- Exercise regularly:** Regular exercise can help lower cholesterol levels.
- Quit smoking:** Smoking can raise cholesterol levels and increase the risk of heart disease.
- Take cholesterol-lowering medications:** If you have high cholesterol, your doctor may recommend taking a cholesterol-lowering medication.

**Risks of High Cholesterol**

High cholesterol can lead to the buildup of plaque in the arteries, which can narrow the arteries and reduce blood flow. This can lead to heart disease, stroke, and other complications.

**Normal artery:** Shows a cross-section of a healthy artery with a clear lumen.

**Plaque:** Shows a cross-section of an artery with plaque buildup, narrowing the lumen.

**Blocked artery:** Shows a cross-section of an artery that is almost completely blocked by plaque.

**What Levels of Cholesterol are Healthy?**

TYPE	HEALTHY CHOLESTEROL LEVELS*	UNHEALTHY CHOLESTEROL LEVELS*
<b>TOTAL CHOLESTEROL</b> Desired: < 200 mg/dL (5.2 mmol/L)	Less than 200 mg/dL. Ideally, lower and consistent level is better.	200 mg/dL or higher. High is a sign of high risk for heart disease. High is a sign of high risk for heart disease.
<b>LDL ("BAD" CHOLESTEROL)</b>	Less than 100 mg/dL. Ideal for people with high risk of heart disease, less than 130 mg/dL. Less than 160 mg/dL for most people.	100 mg/dL or higher. High LDL is a major risk factor for heart disease. High LDL is a major risk factor for heart disease.
<b>HDL ("GOOD" CHOLESTEROL)</b>	More than 40 mg/dL for men and 50 mg/dL for women.	40 mg/dL or lower. Low HDL is a major risk factor for heart disease. Low HDL is a major risk factor for heart disease.
<b>TRIGLYCERIDES</b>	Less than 150 mg/dL (1.7 mmol/L)	150 mg/dL or higher. High triglycerides are a sign of high risk for heart disease. High triglycerides are a sign of high risk for heart disease.

\*The best level to aim for is your doctor's. Your cholesterol levels may be different from these. Your doctor will tell you what your target level should be. \*All cholesterol levels are in mg/dL.

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#6207384 in BooksModel: 9781451193251 2013-11-20Original language:EnglishPDF # 1 30.00 x 20.00 x .251, .10 Binding: Wall Chart | File size: 53.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. The chart illustrates and defines high cholesterol, discusses the sources of cholesterol from food and within the body, describes the different types of lipoproteins and cholesterol. .nbsp;Compares healthy and unhealthy cholesterol levels. Defines risk factors and causes of high cholesterol . Prevention and management techniques are also provided. Made in USA 20" x 26" heavy weight paper .nbsp;Available in the following versions: 20" x 26" heavy weight paper laminated with grommets at top corners .nbsp; ISBN .nbsp; 978-1-4511-9324-4 20" x 26" heavy weight paper .nbsp;

ISBNnbsp; 978-1-4511-9325-1