

VSB Engineering College, karur

IBM Nalaiyathiran

Electronics and communication department

Title: Visualizing and predicting heart disease with an interactive dashboard

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DESCRIPTION :

Cholesterol is a fatty substance your liver makes. It's also found in certain foods. Your body needs some cholesterol to function properly. But having too much of the bad type of cholesterol — low-density lipoprotein (LDL) — puts you at risk for having a heart attack or stroke.

According to the Centers for Disease Control and Prevention (CDC) [Trusted Source](#), having high cholesterol raises your risk for heart disease. Your total cholesterol level is the overall amount of cholesterol found in your blood. It consists of:

- low-density lipoproteins (LDLs)

- high-density lipoproteins (HDLs)

- triglycerides

LDL is also called “bad” cholesterol because it blocks your blood vessels and increases your risk for heart disease. HDL is considered “good” cholesterol because it helps protect you from heart disease. The higher your HDL, the better.

Total cholesterol also includes a triglyceride count. These are another type of fat that can build up in the body and are considered the “building blocks” of cholesterol.

High levels of triglycerides and low levels of HDL raise your risk for heart disease

Serum cholesterol level vs age



