Home **Health Topics**

Triglycerides

 SEARCH
SE **Articles**

Video

SEARCH



View All 🤌 Related eMedTV **Health Channels**

VLDL (Cont.)

cholesterol.

HIS HealthSavvy Sign In | Site Map

Advertisement

Quicklinks Cholesterol Triglycerides **High Cholesterol** Zocor **Cholesterol Levels** Low Cholesterol Diet **Lowering Cholesterol** Low Cholesterol Food Lipitor Crestor Vytorin Zetia

Lipitor Side Effects

Red Yeast Rice

Niacin

View Article Sections: Display Window \ **Purpose of VLDL Cholesterol Types** VLDL is made in the liver in response to a high-Types of Cholesterol carbohydrate meal. The liver converts the extra LDL carbohydrates into fat (triglycerides) and puts them into VLDLs to be transported to fat cells and muscle HDL within the body. The liver also puts some cholesterol VLDL into the VLDL. A VLDL particle is rather large,

Once a VLDL delivers its triglycerides to fat cells or muscle, it is called an intermediate density lipoprotein (IDL). This IDL can return to the liver with its cholesterol so that the liver can repackage it to use it later or simply get rid of it. But in most cases, the IDLs remain in the blood and go through another transformation where they lose most of their remaining triglycerides. At this point, the IDLs are almost all cholesterol and are now known as LDL. About three-quarters of total cholesterol in the blood is contained within LDL particles.

Causes of Increased VLDL Levels

carrying a lot of triglycerides relative to the amount of

Several conditions are known to increase VLDL levels, including:

- Diabetes
- Obesity
- Cushing's syndrome
- Acromegaly
- Genetic conditions
- Uremia
- Nephrotic syndrome
- Acute hepatitis
- · Certain cancers, including lymphoma and myeloma.

Alcohol and birth control pills can also increase VLDL.

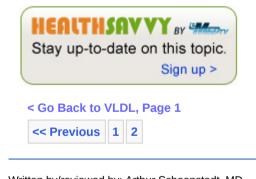
Effects of VLDL

VLDL is thought to play a role in atherosclerosis, which is narrowing and hardening of the arteries.

Lowering VLDL

Cholesterol research studies have shown that VLDL can be lowered through:

- Losing weight
- · Certain types of foods, such as soluble fiber (see Cholesterol Lowering
- Certain cholesterol medications, including nicotinic acid (niacin) or fibrates.



HealthSavvy









Written by/reviewed by: Arthur Schoenstadt, MD Last reviewed by: Arthur Schoenstadt, MD

Advertisement

Last updated/reviewed: December 19, 2008

Other Articles in This eMedTV Presentation

Types of Cholesterol HDL LDL Triglycerides

Terms of Use

Advertise with Us

Contact Us

About eMedTV

Privacy Policy

Copyright © 2006-2012 Clinaero, Inc.

eMedTV serves only as an informational resource. This site does not dispense medical advice or advice of any kind. Site users seeking medical advice about their specific situation should consult with their own physician. Click Terms of Use for more information.

