

## [LDL CHOLESTEROL IS LOW](#)



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### **LDL Cholesterol How It Affects Your Heart Disease Risk**

LDL: The 'Bad' Cholesterol. In this Article In this Article In this Article. Nowadays, you and your doctor work together to develop a personal strategy to lower your LDL by a certain percentage.

<http://ebookslibrary.club/download/LDL-Cholesterol--How-It-Affects-Your-Heart-Disease-Risk.pdf>

### **Cholesterol Can It Be Too Low Healthline**

There are two major types of cholesterol: low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL is sometimes referred to as bad cholesterol.

<http://ebookslibrary.club/download/Cholesterol--Can-It-Be-Too-Low--Healthline.pdf>

### **LDL cholesterol Low lower and lower still Harvard Health**

The overall message on "bad" LDL cholesterol is much the same as it has been: Lower is better and how low your level should be depends on your cardiovascular risk factors. But the standard for what low LDL means keeps on getting lower.

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### **Cholesterol level Can it be too low Mayo Clinic**

A high blood cholesterol level increases your risk of coronary artery disease. Lower cholesterol is usually better, but in rare cases having a very low level of low-density lipoprotein (LDL, or "bad") cholesterol or a very low total cholesterol level has been associated with some health problems.

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### **LDL The Bad Cholesterol MedlinePlus**

There are two main types of cholesterol: LDL (bad) cholesterol and HDL (good) cholesterol: LDL stands for low-density lipoproteins. It is called the "bad" cholesterol because a high LDL level leads to a buildup of cholesterol in your arteries. HDL stands for high-density lipoproteins.

<http://ebookslibrary.club/download/LDL--The--Bad--Cholesterol--MedlinePlus.pdf>

### **LDL HDL Good Bad Cholesterol cdc gov**

LDL (low-density lipoprotein), sometimes called bad cholesterol, makes up most of your body's cholesterol. High levels of LDL cholesterol raise your risk for heart disease and stroke. HDL (high-density lipoprotein), or good cholesterol, absorbs cholesterol and carries it back to the liver. The liver then flushes it from the body. High levels of HDL cholesterol can lower your risk for heart disease and stroke.

<http://ebookslibrary.club/download/LDL-HDL--Good-Bad-Cholesterol-cdc-gov.pdf>

### **What happens when LDL cholesterol levels go too low**

Some people can get too low a low-density lipoprotein (LDL) cholesterol level. If your LDL cholesterol goes below 80, I worry that you are at risk of nervous system and immune system dysfunction. And, it can go that low if you are both taking drugs and watching your diet.

<http://ebookslibrary.club/download/What-happens-when-LDL-cholesterol-levels-go-too-low--.pdf>

### **LDL Low Density Lipoprotein or Bad Cholesterol**

Cholesterol itself is necessary for the body to build cells and create hormones. However, if there is too much cholesterol specifically high levels of LDL cholesterol the LDL cholesterol can build up in the walls of your arteries and prevent blood from circulating. Elevated levels of LDL cholesterol can increase your risk of heart disease.

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### **What Causes Low HDL Cholesterol Levels**

Smoking: The chemicals found in cigarettes can lower your HDL cholesterol. Quitting smoking can help increase your HDL, as well as prevent other chronic diseases, including cardiovascular disease. Quitting smoking can help increase your HDL, as well as prevent other chronic diseases, including cardiovascular

disease.

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