

[GOOD CHOLESTEROL BAD CHOLESTEROL](#)



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LDL HDL Good Bad Cholesterol cdc gov

Cholesterol travels through the blood on proteins called lipoproteins. Two types of lipoproteins carry cholesterol throughout the body: LDL (low-density lipoprotein) , sometimes called bad cholesterol, makes up most of your body s cholesterol.

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

Understanding Cholesterol Levels LDL HDL Total

LDL Cholesterol. LDL cholesterol can build up on the walls of your arteries and increase your chances of getting heart disease. That is why LDL cholesterol is referred to as "bad" cholesterol.

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HDL cholesterol How to boost your 'good' cholesterol

High-density lipoprotein (HDL) cholesterol is known as the "good" cholesterol because it helps remove other forms of cholesterol from your bloodstream. Higher levels of HDL cholesterol are associated with a lower risk of heart disease.

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HDL Good vs LDL Bad Cholesterol Ratio Levels Chart

Cholesterol with its carrier lipoprotein is termed either as HDL cholesterol, or as LDL cholesterol. HDL cholesterol, the good cholesterol, seems to act as a scavenger and carries LDL, the bad cholesterol out of the arteries and back to the liver.

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How to Raise Good Cholesterol and Lower Bad Cholesterol

Educate yourself about good cholesterol. HDL, or high-density lipoprotein cholesterol, acts as the body's waste-disposal system in the blood. HDL combs through blood for bad cholesterol, LDL, and flushes it out to your liver for disposal. HDL lowers inflammation throughout the body and may even help against Alzheimer's.

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HDL The Good Cholesterol MedlinePlus

It is called the "good" cholesterol because it carries cholesterol from other parts of your body back to your liver. Your liver then removes the cholesterol from your body. 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.

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