

GOOD AND 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. High levels of LDL cholesterol raise your risk for heart disease and stroke.

<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

This is why LDL cholesterol is often referred to as "bad" cholesterol. High-density lipoprotein cholesterol. HDL cholesterol is often referred to as "good" cholesterol. HDL picks up excess cholesterol in your blood and takes it back to your liver where it's broken down and removed from your body.

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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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What Are the Recommended Cholesterol Levels by Age

LDL is also called bad cholesterol because it blocks your blood vessels and increases your risk of heart disease. HDL is considered good cholesterol because it helps protect you from

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Cholesterol Levels What You Need to Know MedlinePlus

LDL (bad) cholesterol - the main source of cholesterol buildup and blockage in the arteries; HDL (good) cholesterol - HDL helps remove cholesterol from your arteries; Non-HDL - this number is your total cholesterol minus your HDL. Your non-HDL includes LDL and other types of cholesterol such as VLDL (very-low-density lipoprotein).

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What is the difference between good and bad cholesterol

The good cholesterol can help to remove some of the deposits in arteries that cause heart attacks and strokes. If you think your arteries as roads, then the bad cholesterol is like trash blocking a road and the good cholesterol is like garbage trucks that remove the trash.

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Cholesterol levels by age Differences and recommendations

total cholesterol; LDL, or 'bad cholesterol' HDL, or 'good cholesterol' The struggle for most people is balancing these levels.

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HDL vs LDL Cholesterol Ratio Ranges and Differences in

A cholesterol blood test measures the amount of cholesterol in the body. There are two types of cholesterol; the "good" cholesterol or HDL, and the "bad" cholesterol or LDL. High cholesterol levels in the blood can lead to heart attack, stroke, and peripheral vascular disease. Learn more about cholesterol tests and how to interpret them.

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List of Foods With Good and Bad Cholesterol Livestrong com

When you hear about good and bad cholesterol, it is referring to cholesterol in your blood, not in the foods you eat. High-density lipoprotein, or HDL, carries cholesterol away from your arteries to be excreted. Low-density lipoprotein, or LDL, carries cholesterol to your arteries, where too much

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