

[WHAT IS YOUR BAD CHOLESTEROL](#)



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The Facts About LDL The Bad Kind of Cholesterol

Your body uses it to create cells, hormones, and vitamin D. Your liver creates all the cholesterol you need from fats in your diet. Cholesterol doesn't dissolve in the blood.

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HDL Good LDL Bad Cholesterol and Triglycerides

HDL cholesterol can be thought of as the good cholesterol. (So, in the case of HDL cholesterol, higher levels are actually better.) Experts believe that HDL acts as a scavenger, carrying LDL (bad) cholesterol away from the arteries and back to the liver, where the LDL is broken down and passed from the body.

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LDL Cholesterol How It Affects Your Heart Disease Risk

Cholesterol isn't all bad. It's an essential fat the cells in your body need. Some cholesterol comes from the food you eat, and your liver makes some.

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How to Lower Your Elevated LDL Cholesterol FH Foundation

Cholesterol is naturally produced by your body and is essential to its function throughout your everyday life. However, excessively high levels of cholesterol in particular, LDL cholesterol are bad and can lead to serious health problems such as clogged arteries, heart disease, and stroke.

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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.

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LDL Cholesterol The Bad Cholesterol Explained

LDL Cholesterol The Bad Cholesterol Explained Blood levels of LDL cholesterol (LDL-C) are often assessed when evaluating the risk of future heart disease. Cholesterol is a fatty substance.

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Understanding Cholesterol Levels LDL HDL Total

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. That is why LDL

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