

[GOOD 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 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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The Facts About LDL The Bad Kind of Cholesterol

Cholesterol levels are measured in milligrams (mg) per tenth-liter (dL) of blood. Healthy total cholesterol levels the sum of your HDL and LDL should stay below 200 mg/dL.

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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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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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HDL Cholesterol The Good Cholesterol WebMD

HDL cholesterol is the well-behaved "good cholesterol." This friendly scavenger cruises the bloodstream. As it does, it removes harmful bad cholesterol from where it doesn't belong. High HDL

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HDL cholesterol How to boost your 'good' cholesterol

For HDL cholesterol, or "good" cholesterol, higher levels are better. By Mayo Clinic Staff High-density lipoprotein (HDL) cholesterol is known as the "good" cholesterol because it helps remove other forms of cholesterol from your bloodstream.

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List of Foods With Good and Bad Cholesterol Livestrong com

Unsaturated fat is good fat. Monounsaturated and polyunsaturated fats can improve your cholesterol levels if you replace bad fats with them. Good sources of monounsaturated fat include avocados, almonds, and olive and canola oil. Good sources of polyunsaturated fats include fish, walnuts and flaxseed oil.

<http://ebookslibrary.club/download/List-of-Foods-With-Good-and-Bad-Cholesterol-Livestrong-com.pdf>

LDL Cholesterol The Bad Cholesterol Explained

$\text{LDL cholesterol} = [\text{Total cholesterol}] - [\text{HDL cholesterol}] - [\text{TG}] / 2.2$ Thus, LDL-C calculations may have limitations when blood triglyceride levels are either high or low. Direct LDL -C measurements are also available, but are less often done due to higher costs.

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

Good and Bad Cholesterol What You Need to Know

The good, the bad and your heart are the three main concepts you have to keep straight to understand cholesterol and its potential risk to your health.

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