

THE BAD CHOLESTEROL



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LDL Cholesterol How It Affects Your Heart Disease Risk

The type that puts your heart at risk is LDL, the "bad" cholesterol. It collects in the walls of your blood vessels, where it can cause blockages. Higher levels of LDL raise your chances of a heart attack. That's because of a sudden blood clot that forms there. Get a simple blood test to check your LDL levels.

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LDL HDL Good Bad Cholesterol cdc gov

LDL and HDL Cholesterol: "Bad" and "Good" Cholesterol. 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. When your body has too much LDL cholesterol,

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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.

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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. To break down that number, your acceptable level of LDL (bad) cholesterol should be less than 160 mg/dL, 130 mg/dL, or 100 mg/dL.

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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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How to Lower Your Elevated LDL Cholesterol FH Foundation

Put simply, LDL is the bad kind of cholesterol. But fear not there are several ways in which you can lower your LDL cholesterol and encourage the development of High-Density Lipoproteins (good cholesterol), which actually function to limit the level of LDL cholesterol in your system.

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