

HIGH LDL CHOLESTEROL



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What LDL Cholesterol Test Results Mean. Heart attacks are unpredictable, but higher levels of LDL raise your odds of heart disease.

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How to Lower Your Elevated LDL Cholesterol FH Foundation

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. What is LDL Cholesterol? LDL stands for Low-Density Lipoproteins.

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High LDL Cholesterol Management

Managing High LDL Cholesterol. Diet and exercise are always the first step in managing your high LDL cholesterol, but for some, they may not be enough. It's important to talk to your healthcare provider about finding a management plan that works for you.

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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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LDL HDL Good Bad Cholesterol cdc gov

High levels of LDL cholesterol raise your risk for heart disease and stroke. HDL (high-density lipoprotein), or good cholesterol, absorbs cholesterol and carries it back to the liver. The liver then flushes it from the body.

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High cholesterol Symptoms and causes Mayo Clinic

Low-density lipoprotein (LDL). LDL, or "bad," cholesterol transports cholesterol particles throughout your body. LDL cholesterol builds up in the walls of your arteries, making them hard and narrow. High-density lipoprotein (HDL). HDL, or "good," cholesterol picks up excess cholesterol and takes it back to your liver.

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LDL Cholesterol The Bad Cholesterol Explained

LDL cholesterol = [Total cholesterol] [HDL cholesterol] [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.

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The Facts About LDL The Bad Kind of Cholesterol

High levels of LDL cholesterol can build up in your arteries, causing heart disease. High-density lipoproteins (HDL) are referred to as good cholesterol. HDL cholesterol carries cholesterol

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Lowering Cholesterol Naturally 6 Tips Pritikin

Legumes help lower LDL cholesterol, non-HDL cholesterol, blood sugar, and insulin levels, and may even lower cancer risk. Nuts and seeds have been proven to modestly lower LDL cholesterol levels. To avoid blood-pressure-raising salt, choose raw or dry-roasted, unsalted varieties.

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Cholesterol levels by age Differences and recommendations

Serum cholesterol is a measurement of high-density lipoprotein (HDL) cholesterol, which is considered good,

low-density lipoprotein (LDL) cholesterol, which is considered bad, and triglycerides.

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