

Total Cholesterol (Blood test)

Blood test for serum cholesterol

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1 U-shaped Mortality curve

The U-shaped mortality curve of total cholesterol refers to the pattern that when extremely high or extremely low, total cholesterol is directly related to increased mortality.

2 Extremely low cholesterol

Dr. Mason suggests that phytosterols suppress the formation of cholesterol and cause adverse health effects. Dr. Mason hypothesizes that if phytosterols have adverse health effects, then these could explain how a population with extremely low cholesterol could have increased mortality.

3 Extremely high cholesterol