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Understanding High Cholesterol is an easy-

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to-understand
overview of high cholesterol and its impact on the body's health. The chart illustrates and defines high cholesterol, discusses the sources of cholesterol from food and within the body, describes the different types of lipoproteins and cholesterol. , Compares healthy and unhealthy cholesterol levels.

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Cholesterol Too much cholesterol can bind with other substances in the blood to form a plaque buildup in the arteries that carry blood to the heart. As plaque accumulates in the artery walls, it begins to clog the artery. This condition is called atherosclerosis. It causes the inside walls of the arteries to

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Understanding and Managing High Cholesterol

A lipid profile is a blood test that measures the amount of cholesterol and fats called triglycerides in the blood. These measurements give the doctor a quick snapshot of what's going on in your...

Understanding Your Cholesterol Report -

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WebMD

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The fact sheets and handouts below can help your patients understand how high low-density lipoprotein cholesterol affects their health and risk for heart disease and stroke. These resources can also help your patients find ways to lower their cholesterol and make healthy lifestyle changes. Cholesterol Conversation Starters

Cdc-pdf [PDF - 516 KB]

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Cholesterol Patient Education Handouts | [cdc.gov](https://www.cdc.gov)

HDL stands for high density lipoprotein cholesterol, and is sometimes referred to as "good cholesterol." It removes bad cholesterol and prevents it from accumulating in your arteries. Triglycerides are the chemical form of fat that comes from from extra calories,

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sugar and alcohol, and is transported in the blood.

How to Understand Cholesterol Tests: 6 Steps (with Pictures)

Most of the time diet is the key culprit. Eating foods rich in saturated fats, trans fats, and easily digested carbohydrates boost LDL. Genes are sometimes at the root of high cholesterol, and some medications can

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boost LDL. If you have high cholesterol, making changes in your diet can help bring it down into the healthy range.

Cholesterol - Harvard Health

HDL (high-density lipoprotein cholesterol, also called "good" cholesterol)

Triglycerides (fats carried in the blood from the food we eat.

Excess calories,

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alcohol, or sugar in the
body are...

**Understanding
Cholesterol Levels:
LDL, HDL, Total ...**

cause very high
cholesterol, even if you
have a healthy diet and
lifestyle. An
underactive thyroid
gland can also raise
cholesterol but if
treated your
cholesterol should
return to your normal
levels. If this is the first

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time you have been found to have high cholesterol, your GP should check to make sure your thyroid gland is working normally and for any other medical reasons why your cholesterol might be high.

Understanding Cholesterol - HEART UK

"Good" HDL cholesterol levels for most men range from 40 to 50

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mg/dL, and for most women from 50 to 60 mg/dL. Your HDL cholesterol level can never be too high, Milani says. If you have an HDL...

Understanding Cholesterol Numbers - Cholesterol Center

...

The most common cause of high cholesterol is an unhealthy lifestyle. This can include.

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Unhealthy eating habits, such as eating lots of bad fats. One type, saturated fat, is found in some meats, dairy products, chocolate, baked goods, and deep-fried and processed foods.

Cholesterol | MedlinePlus

LDL is also called “bad” cholesterol because it blocks your blood vessels and increases your risk for heart

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disease. HDL is considered “good” cholesterol because it helps protect you from heart...

What Are the Recommended Cholesterol Levels by Age?

It could be high if your TC, LDL-C and non-HDL cholesterol levels are too high, or if your HDL-C is too low, or a combination of both. Maintaining a healthy

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TC:HDL ratio long-term
can help reduce your
risk of CVD in future.

Understanding your cholesterol levels | Cholesterol Test ...

Cholesterol affects the heart health of many people and can put their overall health at risk. Understanding the role cholesterol plays in the human body and the risk involved in causing heart disease is imperative. Once

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increased cholesterol is diagnosed, treatment options can be examined to improve one's health.

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Total cholesterol is the sum of all the cholesterol in your blood. Your risk for heart attack and stroke increases with higher cholesterol levels.

Other risk factors

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include smoking, high blood pressure, diabetes, and family history of heart disease or stroke.

Cholesterol Level Charts: Healthy Cholesterol Ranges

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If your cholesterol levels are high, the condition is called hypercholesterolemia.

If your cholesterol levels are low, the condition is called

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hypcholesterolemia. It is not common to have cholesterol levels that are too low, but it can happen.

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