



# Understanding Cholesterol

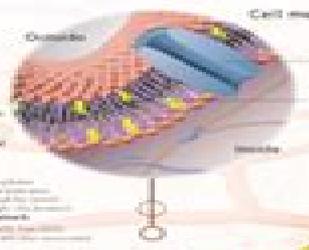
**How cholesterol travels**  
**High-density lipoprotein (HDL)** carries cholesterol away from arteries to the liver. HDL is often called "good cholesterol" because it helps prevent heart disease. The liver breaks down HDL into smaller particles called apoA-I and apoA-II, which are then excreted in the urine.  
**Low-density lipoprotein (LDL)** carries cholesterol from the liver to the rest of the body. LDL is often called "bad cholesterol" because it can build up in the arteries, leading to heart disease.  
**Very low-density lipoprotein (VLDL)** carries cholesterol from the liver to the rest of the body. VLDL is often called "bad cholesterol" because it can build up in the arteries, leading to heart disease.

## What is cholesterol?

Cholesterol is a waxy, fat-like substance that is found in all animal cells. It is essential for the production of cell membranes, hormones, and vitamins. It is also a major component of bile acids, which are used to digest fats. Cholesterol is transported in the blood by lipoproteins. There are four main types of lipoproteins: chylomicrons, VLDL, LDL, and HDL.

**What does "high cholesterol" mean?**  
 High cholesterol means that there is too much cholesterol in the blood. This can lead to the buildup of plaque in the arteries, which can narrow the arteries and lead to heart disease. High cholesterol is often a symptom of atherosclerosis.

- Normal total cholesterol < 200
- Elevated total cholesterol > 240



**HDL**  
 High density lipoprotein



**Endogenous pathway**  
 This pathway starts in the liver. The liver produces VLDL, which carries cholesterol to the rest of the body. VLDL is converted to IDL, which is then converted to LDL. LDL carries cholesterol to the rest of the body. HDL carries cholesterol from the rest of the body back to the liver. HDL is often called "good cholesterol" because it helps prevent heart disease.

**Chylomicron**  
 Transporter



Chylomicron fragments

## Exogenous pathway

This pathway starts in the small intestine. Dietary lipids are absorbed into the intestinal cells, where they are packaged into chylomicrons. Chylomicrons travel through the lymph system to the liver. In the liver, chylomicrons are broken down into chylomicron fragments, which are then taken up by the rest of the body.

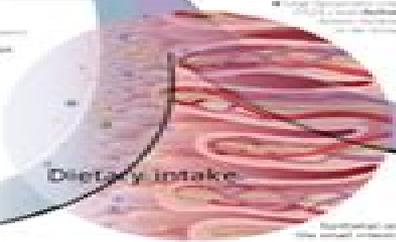
## Cholesterol limits

Recommended limits for all adults (regardless of age, sex, or weight):  
 • Total cholesterol: < 200 mg/dL  
 • LDL cholesterol: < 100 mg/dL  
 • HDL cholesterol: > 40 mg/dL (men) > 50 mg/dL (women)  
 • Triglycerides: < 150 mg/dL

| Category          | Desirable                           | Borderline                            | High                                |
|-------------------|-------------------------------------|---------------------------------------|-------------------------------------|
| Total cholesterol | < 200 mg/dL                         | 200-239 mg/dL                         | ≥ 240 mg/dL                         |
| LDL cholesterol   | < 100 mg/dL                         | 100-159 mg/dL                         | ≥ 160 mg/dL                         |
| HDL cholesterol   | > 40 mg/dL (men) > 50 mg/dL (women) | 30-39 mg/dL (men) 30-39 mg/dL (women) | < 30 mg/dL (men) < 30 mg/dL (women) |
| Triglycerides     | < 150 mg/dL                         | 150-199 mg/dL                         | ≥ 200 mg/dL                         |

## What is a lipoprotein?

Lipoproteins are particles that transport lipids through the bloodstream. They are made up of lipids and proteins. There are four main types of lipoproteins: chylomicrons, VLDL, LDL, and HDL. Each type has a different function and carries different types of lipids.



Reabsorption

Reabsorption and elimination

Elimination thru waste



## What is atherosclerosis?

Atherosclerosis is a disease of the arteries. It is caused by the buildup of plaque in the arteries. Plaque is made up of lipids, cholesterol, and other substances. The buildup of plaque narrows the arteries, which can lead to heart disease.



**Progression of plaque development**  
 • Oxidized low-density lipoproteins initiate endothelial cell injury  
 • Cells migrate consisting of foam cell macrophages and lymphocytes appear  
 • Layers of macrophages and smooth muscle are present  
 • Layers of fibrous plaque develop over accumulated lipids and cells, protruding into the artery

### Causes and treatment of high cholesterol

**Causes**  
 High cholesterol can be caused by a variety of factors, including diet, genetics, and lifestyle. High cholesterol is often a symptom of atherosclerosis.

**Treatment**  
 Treatment for high cholesterol includes lifestyle changes and medication. Lifestyle changes include eating a healthy diet, exercising regularly, and quitting smoking. Medication includes statins, which are the most commonly prescribed drugs for high cholesterol.

**Prevention**  
 Prevention of high cholesterol includes eating a healthy diet, exercising regularly, and quitting smoking. Regular checkups with a doctor can help detect high cholesterol early.

# Understanding Cholesterol

**IM Harris**



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