

CHOLESTEROL

- Cholesterol is a fatty substance found in the blood and cells of the body.
- It's essential for building cell membranes and producing hormones.
- However, high levels can lead to plaque buildup in arteries, increasing the risk of heart disease.

High Level of Cholesterol:

High cholesterol refers to elevated levels of cholesterol in the blood, particularly high levels of LDL (low-density lipoprotein) cholesterol, which is considered "bad" cholesterol. This condition increases the risk of heart disease, heart attack, and stroke. Factors contributing to high cholesterol include genetics, diet, lack of exercise, obesity, smoking, diabetes, and certain medical conditions. Managing high cholesterol involves lifestyle changes and sometimes medication to reduce the risk of cardiovascular disease.

Low Level of Cholesterol:

Low cholesterol refers to decreased levels of cholesterol in the blood, particularly low levels of HDL (high-density lipoprotein) cholesterol, known as "good" cholesterol. Low HDL cholesterol increases the risk of heart disease. Factors contributing to low HDL levels include genetics, poor diet, lack of exercise, obesity, smoking, and certain medical conditions.

Managing low HDL cholesterol involves lifestyle changes like a heart-healthy diet, regular exercise, quitting smoking, and maintaining a healthy weight. Sometimes, medication is prescribed to raise HDL levels and reduce the risk of heart disease. Regular monitoring of cholesterol levels is crucial for heart health.