

## LDL CHOLESTEROL LOW%0A

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### How to Lower Your Elevated LDL Cholesterol - FH Foundation

Cholesterol is naturally produced by your body and is essential to its function throughout your everyday life. 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.

### LDL Cholesterol - Understand the Test & Your Results

Low-density lipoprotein (LDL cholesterol, LDL-C) is one type of lipoprotein that carries cholesterol in the blood. LDL-C consists mostly of cholesterol and similar substances with a small amount of protein.

### 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.

### LDL-Cholesterol - The "Bad" Cholesterol Explained

LDL is called low-density lipoprotein because LDL particles tend to be less dense than other kinds of cholesterol particles. The function of LDL is to deliver cholesterol to cells, where it is used in membranes, or for the synthesis of steroid hormones.

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

Cholesterol levels should be measured at least once every five years in everyone over age 20. The screening test that is usually performed is a blood test called a lipid profile.

### Facts About LDL: The Bad Kind of Cholesterol - Healthline

Cholesterol is a waxy substance that circulates in your blood. Your body uses it to create cells, hormones, and vitamin D. Your liver creates all the cholesterol you need from fats in your diet.

### The Lowdown on LDL: The Bad Cholesterol - WebMD

The type that puts your heart at risk is LDL, the "bad" cholesterol. It collects in the walls of your blood vessels, where it can cause blockages. Higher levels of LDL raise your chances of a

### Cholesterol: Top foods to improve your numbers - Mayo Clinic

Oatmeal contains soluble fiber, which reduces your low-density lipoprotein (LDL) cholesterol, the "bad" cholesterol. Soluble fiber is also found in such foods as kidney beans, Brussels sprouts, apples and pears.