

HEALTHY CHOLESTEROL



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LDL is also called bad cholesterol because it blocks your blood vessels and increases your risk of heart disease. HDL is considered good cholesterol because it helps protect you from heart disease. The higher your HDL, the better. Finally, total cholesterol includes a triglycerides count.

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Understanding Cholesterol Levels LDL HDL Total

LDL Cholesterol. LDL cholesterol can build up on the walls of your arteries and increase your chances of getting heart disease. That is why LDL cholesterol is referred to as "bad" cholesterol. The lower your LDL cholesterol number, the lower your risk. If your LDL is 190 or more, it is considered very high.

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Cholesterol is found in cells or membranes throughout the body and is used to produce hormones, vitamin D and the bile acids that help digest fat. The body is able to meet all these needs by producing cholesterol in the liver. High blood cholesterol is a major women's health issue.

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Well, out of this total, LDL-cholesterol levels should be below 3mmol/L for healthy adults, and 2mmol/L or less for those at high risk. According to NHS figures for the UK in 2011, around half of all people over the age of 18 have a total cholesterol level above the recommended level of 5mmol/L.

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But this is not the whole story. Healthy cholesterol levels for LDL also depend on the number of risk factors for heart disease a person has. For a person with no heart disease risk factors, a healthy LDL cholesterol level can actually be under 160 mg/dL. As risk factors increase, the healthy cholesterol level for LDL decreases.

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