

[THE BAD CHOLESTEROL](#)



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LDL The 'Bad' Cholesterol WebMD

If you have heart disease or you just want to keep your ticker healthy, you've probably heard the saying already: "Watch your cholesterol!" The type that

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LDL HDL Good Bad Cholesterol cdc gov

Cholesterol travels through the blood on proteins called lipoproteins. Two types of lipoproteins carry cholesterol throughout the body: LDL (low-density lipoprotein), sometimes called bad cholesterol, makes up most of your body's cholesterol. High levels of LDL cholesterol raise your risk for heart disease and stroke.

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LDL The Bad Cholesterol MedlinePlus

It is called the "bad" cholesterol because a high LDL level leads to a buildup of cholesterol in your arteries. HDL stands for high-density lipoproteins. It is called the "good" cholesterol because it carries cholesterol from other parts of your body back to your liver. Your liver then removes the cholesterol from your body.

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LDL Cholesterol The Bad Cholesterol Explained

Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood in the US and some other countries. Canada and most European countries measure cholesterol in millimoles (mmol) per liter (L) of blood. Blood tests typically report LDL-C.

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Facts About LDL The Bad Kind of Cholesterol Health Line

Cholesterol levels are measured in milligrams (mg) per tenth-liter (dL) of blood. Healthy total cholesterol levels the sum of your HDL and LDL should stay below 200 mg/dL. To break down that number, your acceptable level of LDL (bad) cholesterol should be less than 160 mg/dl, 130 mg/dL, or 100 mg/dl.

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Here's what you need to know about the other bad cholesterol.

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HDL cholesterol is the well-behaved "good cholesterol." This friendly scavenger cruises the bloodstream. As it does, it removes harmful bad cholesterol

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Lipoprotein a the Other Bad Cholesterol For Better

You've probably heard about low-density lipoprotein, or "bad cholesterol," but did you know there's another cholesterol that may be equally bad?

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