

What is Bad Cholesterol?

December 23, 2023 • vajiramandravi.com



What is cholesterol?

- Cholesterol is a waxy, fat-like substance that's found in all the cells in your body.
- Your liver makes cholesterol, and it is also in some foods, such as meat and dairy products.
- Your body needs some cholesterol to work properly.
- What are LDL and HDL?
 - Cholesterol travels through the blood on proteins called "lipoproteins."
 - Two types of lipoproteins carry cholesterol throughout the body: LDL (low-density lipoprotein) and HDL (high-density lipoprotein).
 - LDL and HDL have different purposes.

- LDL cholesterol, sometimes called “bad” cholesterol, makes up most of your body’s cholesterol. A high LDL level leads to a buildup of cholesterol in your arteries.
 - HDL cholesterol sometimes called “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.
 - How can a high LDL level raise my risk of disease?
 - If you have a high LDL level, this means that you have too much LDL cholesterol in your blood.
 - This extra LDL, along with other substances, forms plaque. The plaque builds up in your arteries; this is a condition called atherosclerosis.
 - Coronary artery disease happens when plaque builds up in the arteries of your heart. It causes the arteries to become hardened and narrowed, which slows down or blocks the blood flow to your heart. This can cause angina (chest pain) or, if the blood flow is completely blocked, a heart attack.
-

Q1) What are Arteries?

Arteries, part of your circulatory (cardiovascular) system, are the blood vessels that bring oxygen-rich blood from your heart to all of your body’s cells. They play a crucial role in distributing oxygen, nutrients and hormones throughout your body.

Source: [New affordable vaccine for bad cholesterol: A game changer for heart disease](#)

Source: <https://vajiramandravi.com/current-affairs/bad-cholesterol/>

© Vajiram & Ravi. For personal use only.