

Title:

Cholesterol ~ What Is It and Are You At Risk?

Word Count:

453

Summary:

Cholesterol in the human body comes from two major sources. About three-quarters of the body's

Keywords:

cholesterol, reduce cholesterol, lower cholesterol, high cholesterol, cholesterol levels, ldl

Article Body:

Cholesterol is a fatty lipid, steroid and an alcohol found in the body tissues and blood plasma.

Cholesterol in the human body comes from two major sources. About three-quarters of the body's

Higher concentrations of cholesterol are present in body tissues which have more densely packed

The liver is the most important site of cholesterol biosynthesis. It is secreted from the liver.

Diets rich in animal fats, meat, poultry, fish, oils, egg yolks and dairy products are a rich

High cholesterol levels in the bloodstream can influence the pathogenesis of certain conditions.

Cholesterol gets attached to these lipoproteins. The high-density lipoprotein (HDL) carries ch

LDL cholesterol is called bad cholesterol, because elevated levels of it are associated with a

The levels of both HDL cholesterol and LDL cholesterol may also determine risk for heart disease.

Methods to control your cholesterol levels:

Lower your consumption of foods containing saturated fats - fried fast foods, butter, cream, c

Medications can also help lower cholesterol levels. HMG-CoA reductase inhibitors, 'Statins', s

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