

How to Actually Lower Your Cholesterol: The Complete Guide

Cholesterol is a waxy, fat-like substance that is found in all cells of the body. It is essential for many bodily functions, including:

- Hormone production
- Vitamin D synthesis
- Bile production
- Cell membrane formation

However, too much cholesterol can build up in the arteries and form plaques, which can narrow the arteries and increase the risk of heart attack and stroke.

There are two main types of cholesterol:



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★★★★☆ 4.3 out of 5

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- **LDL cholesterol (bad cholesterol):** LDL cholesterol is the type of cholesterol that can build up in the arteries and form plaques.
- **HDL cholesterol (good cholesterol):** HDL cholesterol helps to remove cholesterol from the arteries and transport it to the liver, where it is broken down and removed from the body.

There are a number of factors that can contribute to high cholesterol, including:

- **Diet:** Eating a diet high in saturated fat and cholesterol can increase your cholesterol levels.
- **Obesity:** Being overweight or obese can increase your cholesterol levels.
- **Physical inactivity:** Not getting enough exercise can increase your cholesterol levels.
- **Smoking:** Smoking cigarettes can increase your cholesterol levels.
- **Diabetes:** Diabetes can increase your cholesterol levels.
- **Hypothyroidism:** Hypothyroidism is a condition in which the thyroid gland does not produce enough thyroid hormone. This can lead to high cholesterol levels.
- **Family history:** If you have a family history of high cholesterol, you are more likely to have high cholesterol yourself.

High cholesterol usually does not cause any symptoms. However, if your cholesterol levels are very high, you may experience:

- Chest pain
- Shortness of breath
- Leg pain
- Numbness or weakness in your legs or feet

High cholesterol is diagnosed with a blood test. Your doctor will measure your total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides.

There are a number of ways to treat high cholesterol, including:

- **Diet:** Eating a healthy diet that is low in saturated fat and cholesterol can help to lower your cholesterol levels.
- **Exercise:** Getting regular exercise can help to lower your cholesterol levels.
- **Medication:** There are a number of medications that can be used to lower cholesterol levels.
- **Lifestyle changes:** Making lifestyle changes, such as quitting smoking and losing weight, can help to lower your cholesterol levels.

There are a number of things you can do to prevent high cholesterol, including:

- **Eat a healthy diet:** Eating a healthy diet that is low in saturated fat and cholesterol can help to prevent high cholesterol.
- **Get regular exercise:** Getting regular exercise can help to prevent high cholesterol.

- **Maintain a healthy weight:** Maintaining a healthy weight can help to prevent high cholesterol.
- **Quit smoking:** Quitting smoking can help to prevent high cholesterol.
- **Manage your diabetes:** If you have diabetes, it is important to manage your blood sugar levels to help prevent high cholesterol.
- **Get your cholesterol checked regularly:** Getting your cholesterol checked regularly can help to detect high cholesterol early on and prevent serious complications.

High cholesterol is a serious health condition that can lead to heart attack and stroke. However, there are a number of things you can do to lower your cholesterol levels and improve your overall health. Talk to your doctor to learn more about cholesterol and how to manage your cholesterol levels.



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