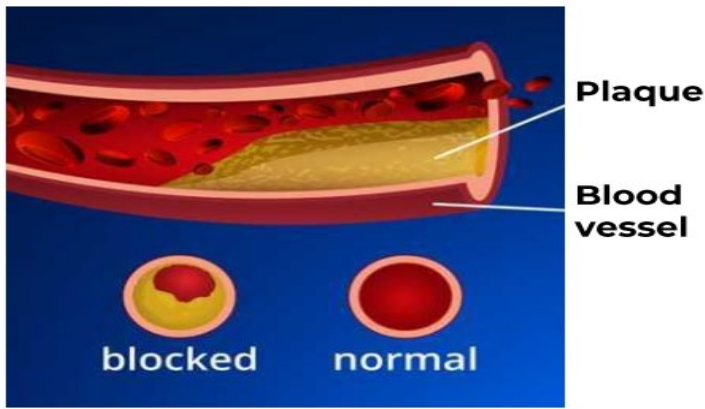


# How Much Do You Know About Cholesterol?



**Cholesterol** Cholesterol plays a few essential roles in our body. These include building healthy cell membranes, producing hormones, converting bile into digested fats, and synthesizing vitamin D. However, high levels of cholesterol may lead to build up of plaque, which is related to coronary heart disease, heart attack and/or stroke.

## How does the body produce cholesterol ?

- Eating animal products/seafood
- Synthesized by the body

$$\text{Total Cholesterol} = \text{LDL} + \text{HDL} + \text{Triglyceride}$$

Cholesterol	Definition	Desirable Level
<p><b>HDL</b> = High-density lipoprotein (<b>Good Cholesterol</b>)</p>	<p><b>Good Cholesterol (HDL)</b> removes excess cholesterol in the arteries to the cells, protecting the cardiovascular system.</p>	> 50 mg/dL
<p><b>LDL</b> = Low-density lipoprotein (<b>Bad Cholesterol</b>)</p>	<p><b>Bad Cholesterol (LDL)</b> removes cholesterol from the cells to the arteries. High LDL can clog the arteries.</p>	< 100 mg/dL
<p><b>Triglyceride</b></p>	<p><b>Triglyceride</b> is another type of fat that circulates in the bloodstream and is used for storage in the cells.</p>	< 150 mg/dL



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