

How Much Do You Know About Cholesterol?

What is Cholesterol?

Cholesterol plays a few essential roles in our body. These include:

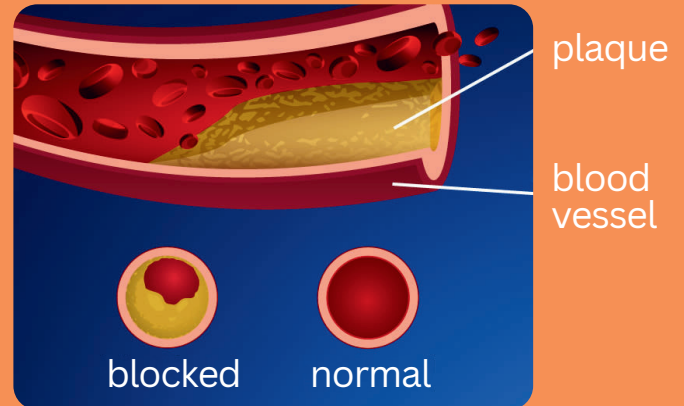
- Building healthy cell membranes
- Producing hormones
- Converting bile into digested fats
- Synthesizing vitamin D

How Does the Body Produce Cholesterol?

- Eating animal products/seafood
- Synthesized by the body

How High Cholesterol Affects Health

High cholesterol levels may lead to build up of plaque, which is related to coronary heart disease, heart attack and/or stroke.



Cholesterol /Fat	Definition	Ideal Level
HDL	HDL (Good Cholesterol) removes excess cholesterol in the arteries to the cells, protecting the cardiovascular system.	> 50 mg/dL
LDL	LDL (Bad Cholesterol) removes cholesterol from the cells to the arteries. High LDL can clog the arteries.	< 100 mg/dL
Triglyceride	Triglyceride is a type of fat that circulates in the bloodstream and is used for storage in the cells.	< 150 mg/dL

How to Calculate Total Cholesterol

Total cholesterol is the total amount of cholesterol in your blood.

$$\text{Total cholesterol} = \text{HDL} + \text{LDL} + (\text{Triglyceride} \div 5)$$

Normal: Less than 200 mg/dL

Borderline High: 200-239 mg/dL

High: 240 mg/dL or greater

Example: HDL = 100, LDL = 50, Triglyceride = 100

$$\text{Total cholesterol} = \text{HDL} + \text{LDL} + (\text{Triglyceride} \div 5)$$

$$\text{Total cholesterol} = 100 + 50 + (100 \div 5)$$

$$\text{Total cholesterol} = 100 + 50 + (20)$$

$$\text{Total cholesterol} = 170$$



To learn more about our doctor's group, call Member Relations: (415) 590-7418

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