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Cholesterol Level Test and Blood Pressure Regulation

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Description

Coronary heart disease is the main danger associated with high cholesterol (CHD). Your blood cholesterol level has a significant impact on your risk of heart disease. Cholesterol that is too high builds up on the inside walls of your arteries. Atherosclerosis is the result of this development over time. This disorder causes narrowing of arteries, which reduces blood flow to the heart. This can cause angina (chest pain) due to insufficient blood supply to the heart, or a heart attack if a blood vessel is fully blocked and the heart muscle begins to die [1].

Despite improvements, there are still chances to improve the control of simultaneous hypertension and hypercholesterolemia. Prescribing antihypertensive and anti-hyperlipidemic drugs to meet treatment goals, particularly for elderly, minority, diabetic, and cardiovascular disease patients, as well as seeing a doctor at least twice a year, could improve concurrent risk factor control and CHD prevention [2].

Because diabetes can influence different cholesterol levels, type 2 diabetes is another condition associated to high cholesterol. Even if blood sugar control is satisfactory, patients with diabetes have higher triglycerides, lower HDL, and possibly higher LDL cholesterol (LDL). This raises the chances of atherosclerosis forming. Hypertension (high blood pressure) and high cholesterol are also connected. When cholesterol plaque and calcium build up in the arteries, the heart has to work significantly harder to pump blood through them (atherosclerosis). As a result, blood pressure rises to dangerously high levels [3].

Cholesterol is a waxy molecule that your body need for hormone production and fat digestion. Your body produces all of the cholesterol it requires, but certain foods, such as egg yolks and fatty meats, can also provide cholesterol. High blood cholesterol levels can cause plaque accumulation in the arteries, increasing your risk of heart disease and stroke. Because high blood cholesterol has no symptoms, it is critical to have your cholesterol levels examined. Cholesterol levels should be evaluated at an early age, especially in children and adolescents [4].

Cholesterol is a waxy molecule that your body requires for the production of certain hormones and the construction of every cell's outer membrane. While a certain amount of cholesterol is necessary, too much can build up in your blood vessels, increasing your risk of: Atherosclerosis is a blockage or hardening of the arteries that causes heart disease and stroke. Your body breaks down fats in your diet into smaller molecules known as triglycerides when you consume. Triglyceride levels in the blood are linked to an increased risk of cardiovascular disease. Obesity or uncontrolled diabetes, excessive alcohol consumption, and a high-calorie diet can all lead to elevated triglyceride levels. The overall amount of cholesterol in your blood is known as total cholesterol. It's the total amount of LDL, HDL, and VLDL cholesterol in your body. The only levels that are directly measured are total cholesterol and HDL cholesterol. Both LDL and VLDL are derived values based on total cholesterol, HDL, and triglycerides measurements [5].

Conflict of Interest

None.

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