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Nov 25 2022 jul 6 2022 cholesterol is a chemical compound that the body requires as a building block for cell membranes and for hormones like estrogen and testosterone the liver produces about 80 of the body's cholesterol and the rest comes from dietary sources like meat poultry eggs fish and dairy products foods derived from plants contain no cholesterol [cholesterol medications consider the options mayo clinic](#) Apr 18 2022 nov 3 2022 most cholesterol medications lower cholesterol with few side effects but effectiveness varies from person to person it's also still important to

follow a healthy diet and get enough exercise cholesterol medications and lifestyle choices can work together to help reduce your risk of heart attacks and stroke *what is cholesterol american heart association* Oct 24 2022 nov 6 2020 cholesterol is a waxy substance it's not inherently bad your body needs it to build cells and make vitamins and other hormones but too much cholesterol can pose a problem cholesterol comes from two sources your liver makes all the cholesterol you need the remainder of the cholesterol in your body comes from foods from animals

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Jun 20 2022 jul 17 2018 saturated fats such as those in meat butter cheese and other full fat dairy products raise your total cholesterol decreasing your consumption of saturated fats to less than 7 percent of your total daily calorie intake can reduce your

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Dec 26 2022 jan 11 2023 cholesterol is a waxy substance found in your blood your body needs cholesterol to build healthy cells but high levels of cholesterol can increase your risk of heart disease with high

cholesterol you can develop fatty deposits in your blood vessels *cholesterol wikipedia* Mar 17 2022 cholesterol is biosynthesized by all animal cells and is an essential structural component of animal cell membranes when chemically isolated it is a yellowish crystalline solid

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May 19 2022 aug 24 2021 cholesterol is a fatty substance your liver makes it's also found in certain foods your body needs some cholesterol to function properly but having too much of the bad type of cholesterol [cholesterol medlineplus](#) Sep 23 2022 dec 10 2020 cholesterol is a waxy fat like substance that's found in all the cells in your body your body needs some cholesterol to make hormones vitamin d and substances that help you digest

foods your body makes all the cholesterol it needs cholesterol is also found in foods from animal sources such as egg yolks meat and cheese

cholesterol cdc gov centers for disease

control and prevention Jul 21 2022 oct 24 2022 almost 2 in 5 adults in the united states have high cholesterol total blood cholesterol 200 mg dl 1 too much cholesterol puts you at risk for heart disease and stroke two leading causes of death in the united states high

cholesterol has no signs or symptoms so the only way to know whether you have it is to get your cholesterol checked

[mx.org](https://www.cholesterol.org)