



## Rising Cholesterol Among Young Population

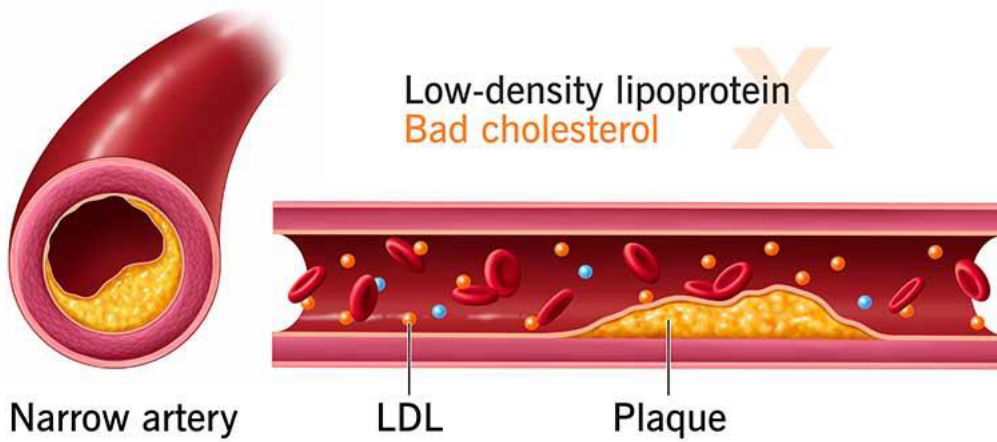
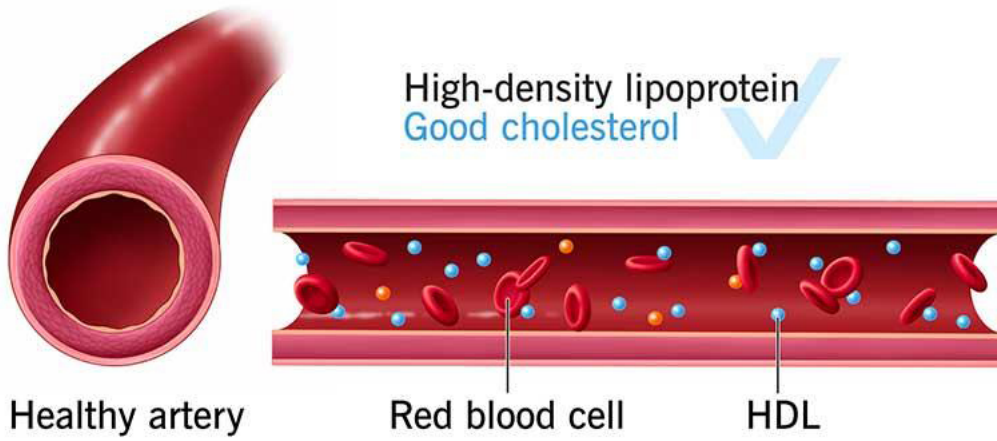
[Source: IE](#)

Recent years trends show a significant rise in cholesterol levels among the younger populations.

### Cholesterol:

- Cholesterol is a **waxy substance made by the liver**. It plays an important role in creating cells, and hormones, and in the **production of Vitamin D and bile acids**, which play a vital role in the **human digestive system**.
- **Types:** Cholesterol in our bloodstream is transported by lipoproteins known as High-density lipoprotein (HDL) and Low-density lipoprotein (LDL).
  - **HDL cholesterol (Good Cholesterol)** absorbs cholesterol in the blood and carries it back to the liver. The liver then flushes it from the body. High levels of HDL cholesterol can lower the risk of heart disease and stroke.
  - **LDL cholesterol (bad cholesterol)** makes up most of the body's cholesterol. High LDL levels can raise the risk of heart disease and stroke.
    - It can build up in artery walls, leading to **plaque formation (atherosclerosis)**.
    - This plaque buildup can **increase the risk of blood clots**, which may block arteries and **cause heart attacks or strokes**.
    - It can also reduce blood flow and oxygen to vital organs, potentially leading to **kidney disease or peripheral arterial disease**.

## Good vs. Bad Cholesterol



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