

# ldl-c mmol/l to mg/dl

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## Nivel de colesterol alto - Síntomas y causas - Mayo Clinic

Las lipoproteínas de baja densidad (LDL) transportan partículas de colesterol por todo el cuerpo. El colesterol "malo" se acumula en las paredes de las arterias. Esto hace que las arterias se endurezcan y se estrechen. Cuando una mutación genética causa colesterol alto, el cuerpo tiene problemas para eliminar el colesterol LDL de la sangre.

## Cholesterol: Top foods to improve your numbers - Mayo Clinic

Research suggests that the fiber from avocados can improve HDL cholesterol levels and the quality of LDL cholesterol. Adding two servings of avocado per week to a heart-healthy diet can lower your risk of heart disease. People tend to think of avocados in guacamole, which often is eaten with high-fat corn chips.

## High cholesterol - Diagnosis and treatment - Mayo Clinic

Total cholesterol. Low-density lipoprotein (LDL) cholesterol. High-density lipoprotein (HDL) cholesterol. Triglycerides. In general, you can't have food or liquids other than water for around 9 to 12 hours before the test. This is called fasting. Some cholesterol tests don't require fasting, so follow your healthcare professional's instructions. Interpreting the numbers In the United States ...

## High cholesterol - Symptoms and causes - Mayo Clinic

LDL carries cholesterol particles throughout the body. "Bad" cholesterol builds up in the walls of arteries. This makes the arteries hard and narrow. When a gene change causes high cholesterol, the body has trouble removing LDL cholesterol from the blood. Or the body has trouble breaking down LDL cholesterol in the liver.

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## Top 5 lifestyle changes to improve your cholesterol - Mayo Clinic

High cholesterol increases your risk of heart disease and heart attacks. Medications can help improve your cholesterol. But if you'd rather first make lifestyle changes to improve your

cholesterol, try these five healthy changes. If you already take medications, these changes can improve their ...

## **Cholesterol test - Mayo Clinic**

A cholesterol test is an important way to check your health. High cholesterol levels often are a key risk factor for a common type of heart disease called coronary artery disease. Coronary artery disease can lead to conditions such as heart attack and stroke.

### **胆固醇 - 体检 - Mayo Clinic**

胆固醇是评估心脏健康的重要指标。高胆固醇水平往往是冠状动脉疾病的关键风险因素。冠状动脉疾病可能导致心脏病发作和中风。

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## **HDL cholesterol: How to boost your 'good' cholesterol**

Medicines can boost HDL cholesterol. Medicines used to lower LDL cholesterol and triglyceride levels sometimes improve HDL cholesterol levels. These include prescription niacin; fibrates such as gemfibrozil (Lopid); and certain statins, such as simvastatin and rosuvastatin.