

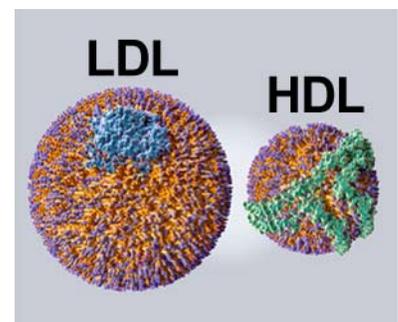


May 3, 2016 – Grand Rapids, MI

Why You Should Raise Your Cholesterol

Would you like to have a vacuum cleaner that sucks out the cholesterol from the plaque in your arteries? You would? Well, all right! That vacuum cleaner is called HDL-cholesterol, AKA the good or the healthy cholesterol. The problem is that most people, especially men, don't have enough. Before we get to ways you can improve it, let me explain how it works as simply as possible.

HDL stands for high-density lipoprotein and indicates that the molecule is denser than other lipoproteins such as LDL. Adding the word cholesterol means that it carries cholesterol. The question is from where to where? High-density lipoproteins are made in the liver, carried via the blood stream to cells where they collect excess cholesterol, then return to the liver and other organs where the excess cholesterol is removed. Once the excess is removed, the molecule can repeat the process over and over.



Generally speaking, the higher your HDL, the lower your risk for heart disease. The problem today is that our HDL levels are lower than they should be; men should have HDLs over 60 mg/dl (1.6 mmol/L) and women should have HDLs over 50 mg/dl (1.3 mmol/L).

There are really only three effective ways to increase HDL and quitting smoking is the first. I've spent a lot of time the past two weeks on smoking so I'll leave it there. We'll cover the other two the rest of this week.

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **npr** ***Straight Talk on Health***

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