



Controlling cholesterol levels



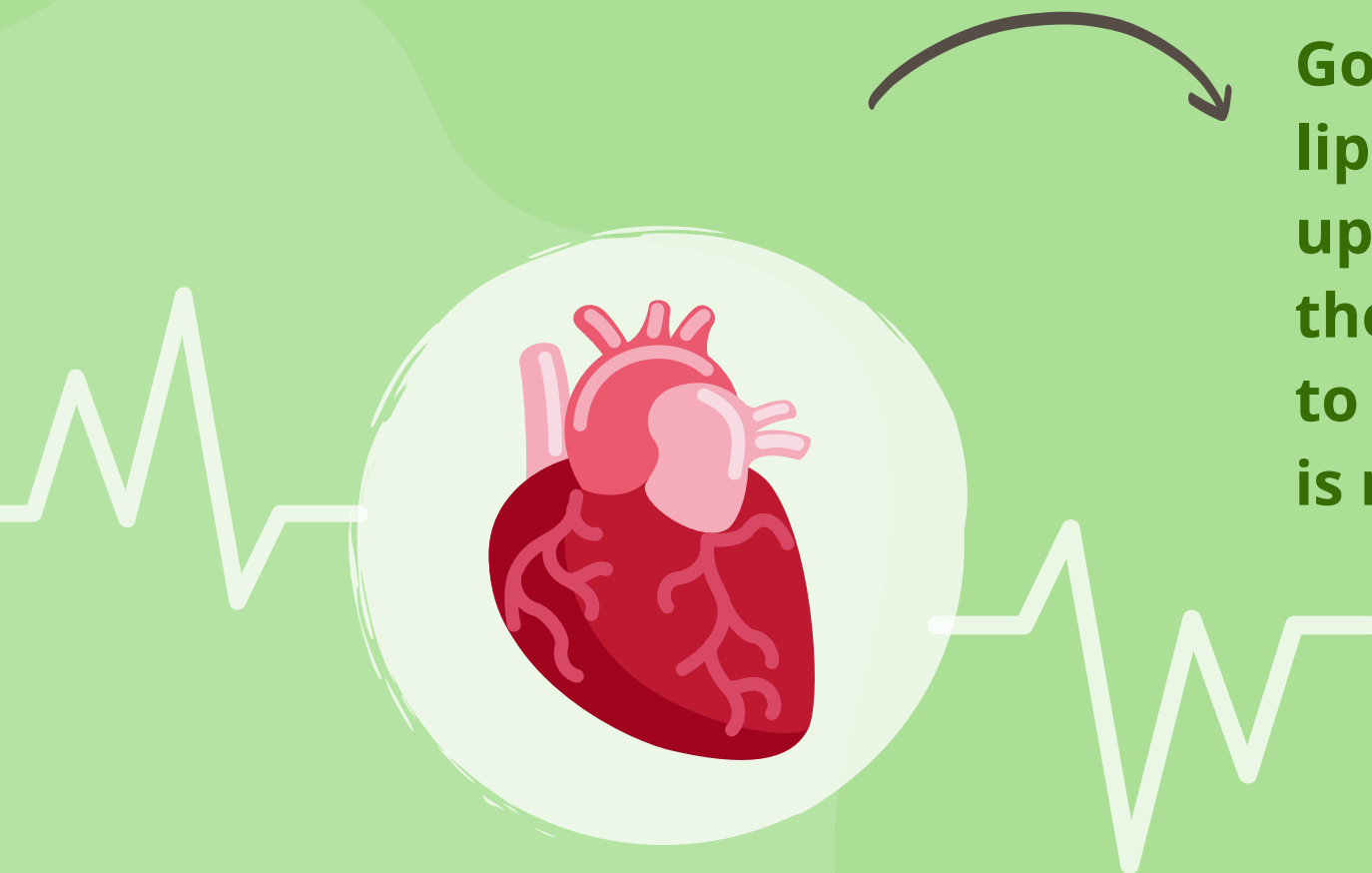


An illustration of a woman with dark hair, wearing a white headband and a light pink top. She has a thoughtful expression, with her hand resting on her chin. The background is a solid light green color. There are dark grey cloud-like shapes on the left and right sides of the page. White wavy lines are positioned near the top right and bottom left corners.

What is cholesterol?

Cholesterol is a waxy substance found in the blood. You need cholesterol to build healthy cells, but high levels of cholesterol can increase the risk of heart disease.

Types of cholesterol



Good: High density lipoprotein (HDL) picks up excess cholesterol in the blood and takes it to the liver where it is removed

Bad: High levels of low density lipoprotein (LDL) carry cholesterol directly to the arteries resulting in heart attacks and stroke

How to boost 'good cholesterol'?

- Increase physical activity
- Choose better fats
- Add coconut oil to your diet
- Reduce alcohol
- Quit smoking

Medications for some conditions that can worsen the levels

Acne

Cancer

High blood pressure

HIV/AIDS

Organ transplants

Irregular heart rhythm



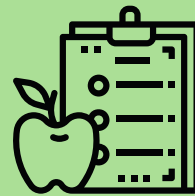
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Resources:

- <https://economictimes.indiatimes.com/magazines/panache/world-heart-day-6-in-10-indians-have-abnormal-levels-of-bad-cholesterol-study-reveals-vadodara-has-lowest-heart-disease-risk-bengaluru-highest/articleshow/94528469.cms>