The Fuller Life

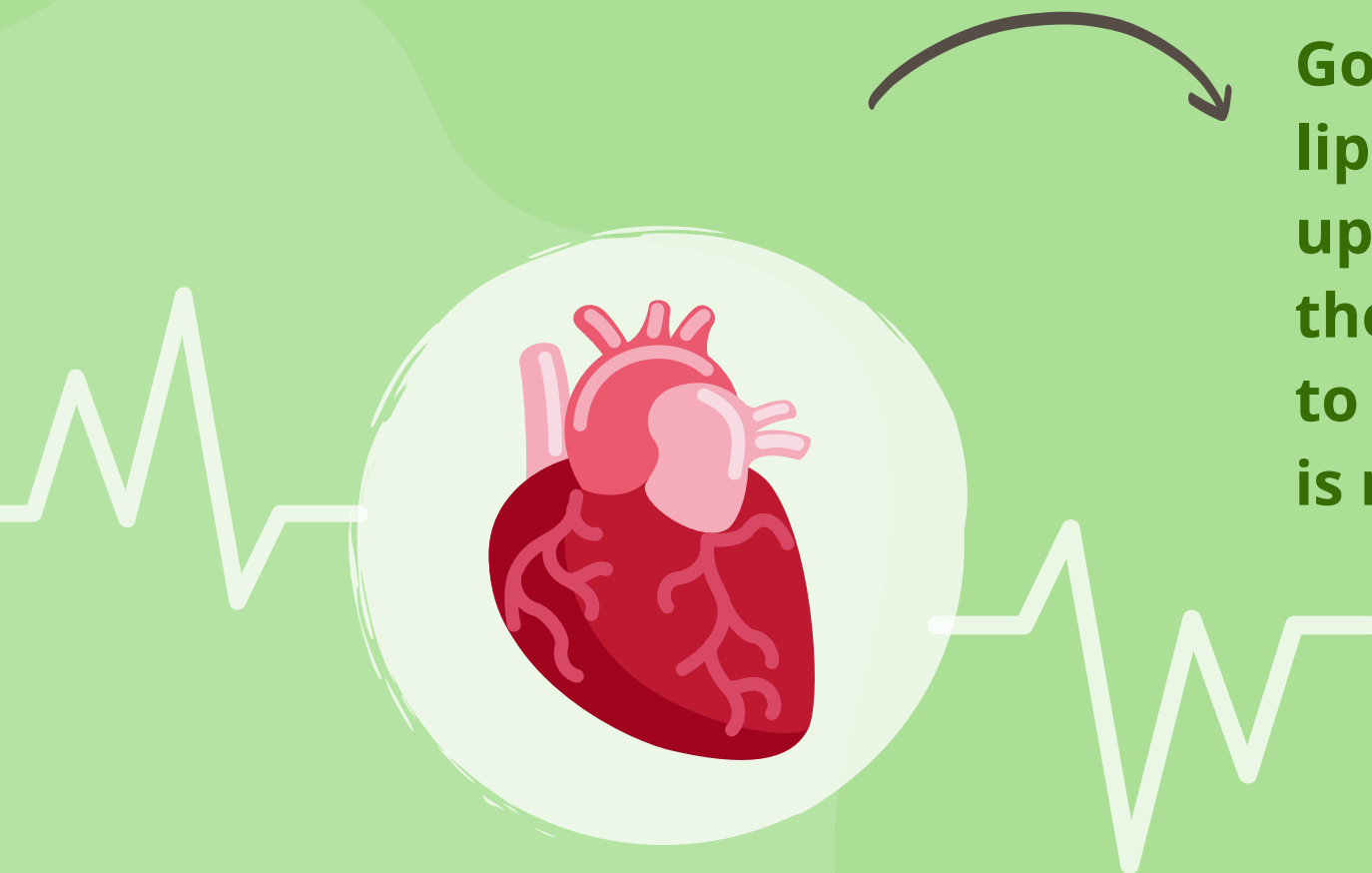# Controlling cholesterol levels

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

The Fuller Life

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

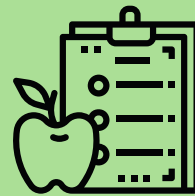Organ transplants

Irregular heart rhythm

Help your employees level up their health and wellness with Wellbeing on the Web (WoW)

Counsellors

Doctors

Nutritionists

Diagnostics

Pharmacy

Finance advisor

Newsletters

Self-assessments

Live classes

Articles

Videos

Webinars

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