

HDL

HDL, or high-density lipoprotein, is often referred to as "good" cholesterol. It helps remove excess cholesterol from the bloodstream and transport it to the liver for elimination, which can reduce the risk of heart disease. Higher levels of HDL cholesterol are generally associated with better heart health, while lower levels may increase the risk of cardiovascular disease.

Low Level of HDL:

A low level of HDL cholesterol, often called "good cholesterol," can increase the risk of heart disease. It can be caused by factors like unhealthy diet, lack of exercise, smoking, obesity, genetics, certain medical conditions, and some medications. Improving lifestyle habits and, if needed, medical treatment can help raise HDL levels and reduce the risk of heart disease.

High Level of HDL:

A high level of HDL cholesterol is good for your heart. It helps reduce the risk of heart disease by clearing out bad cholesterol from your arteries, has anti-inflammatory properties, and often indicates a healthy lifestyle.