

VR1452L - Cholesterol
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Cholesterol is an essential component of all living cells. It is found in the cell membrane and in the body cells. Helago-CZ provides you with a poster which explains the role of cholesterol in the body and the consequences of its excess.

Bad Fat
 They are also called saturated fats. They contain hydrogen, also saturated with hydrogen atoms. They are found in animal products, such as butter, margarine, and lard. They are also found in some plant products, such as coconut oil and palm oil. They are also found in some processed foods, such as margarine and shortening. They are also found in some types of fish, such as salmon and tuna.

Good Fat
 They are also called unsaturated fats. They contain hydrogen, also saturated with hydrogen atoms. They are found in plant products, such as olive oil, sunflower oil, and rapeseed oil. They are also found in some types of fish, such as salmon and tuna.

Cholesterol
 In the form of cholesterol in the arteries, particularly in the large arteries, the so-called atherosclerosis, it leads to the narrowing of the arteries and to the development of atherosclerosis. This leads to the development of heart disease and stroke. The cholesterol is transported in the blood by lipoproteins. There are two types of lipoproteins: low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL is often called "bad cholesterol" and HDL is often called "good cholesterol".

Coronary Heart Disease
 The most common cause of coronary heart disease is atherosclerosis. Atherosclerosis is a condition in which the arteries become narrowed and hardened by a buildup of fatty material, called plaque, in the inner walls of the arteries. This narrowing of the arteries restricts the flow of blood and oxygen to the heart muscle, which can cause chest pain (angina) and, in severe cases, a heart attack.

Diabetes Mellitus
 Diabetes mellitus is a chronic condition that affects the way your body uses blood sugar (glucose). It is caused by a lack of insulin or by the body's resistance to insulin. Insulin is a hormone that allows glucose to enter the cells and be used for energy. Without insulin, glucose cannot enter the cells and the body's cells starve for energy. This can lead to a variety of complications, including damage to the heart, kidneys, and eyes.

Stroke
 A stroke occurs when the blood supply to part of the brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients. This can lead to brain cell death and long-term damage or disability. There are two main types of stroke: ischemic stroke, which is caused by a blood clot blocking an artery to the brain, and hemorrhagic stroke, which is caused by a blood vessel in the brain leaking or bursting.

Cardiovascular Health
 The health of the heart and blood vessels is essential for overall health. There are several factors that can affect cardiovascular health, including diet, exercise, stress, and genetics. Maintaining a healthy diet, exercising regularly, and managing stress can help to reduce the risk of cardiovascular disease.

Cholesterol level and risk of CVD	Age	Low Risk	Moderate Risk	High Risk
<100 mg/dL	<20 years	<170 mg/dL	<170 mg/dL	<170 mg/dL
100-129 mg/dL	20-29 years	<170 mg/dL	<170 mg/dL	<170 mg/dL
130-159 mg/dL	30-39 years	<170 mg/dL	<170 mg/dL	<170 mg/dL
160-199 mg/dL	40-49 years	<170 mg/dL	<170 mg/dL	<170 mg/dL
200-239 mg/dL	50-59 years	<170 mg/dL	<170 mg/dL	<170 mg/dL
240-279 mg/dL	60-69 years	<170 mg/dL	<170 mg/dL	<170 mg/dL
280-319 mg/dL	70-79 years	<170 mg/dL	<170 mg/dL	<170 mg/dL
320-359 mg/dL	80-89 years	<170 mg/dL	<170 mg/dL	<170 mg/dL
360-399 mg/dL	90-99 years	<170 mg/dL	<170 mg/dL	<170 mg/dL

- Eat a diet rich in fruits, vegetables, and whole grains.
- Exercise regularly.
- Manage stress.
- Don't smoke.
- Limit alcohol consumption.
- Get regular check-ups.
- Maintain a healthy weight.
- Avoid trans fats.
- Limit sodium intake.
- Get enough sleep.
- Stay hydrated.

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 Price with VAT

24,00 Eur
 29,04 Eur

Parameters
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This colorful anatomical chart illustrates the effects of high cholesterol. The molecular structure of cholesterol and other related compounds are included. The anatomy chart shows different diseases associated with cholesterol and the anatomical effects on organs.

- Laminated version, 50 x 67 cm