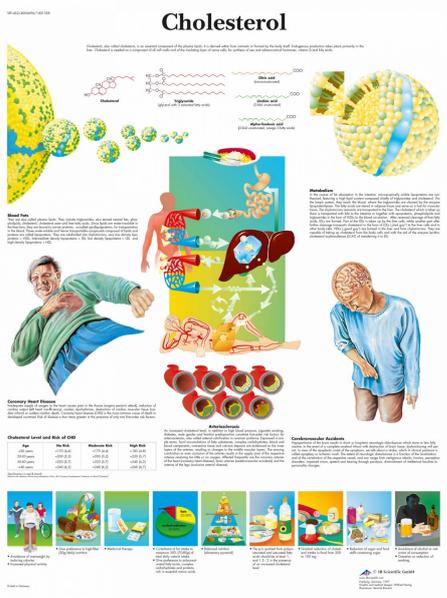


Pancarte murale plastifiée Cholesterol - 50 x 67 cm

Art: 9553081



Cholesterol

Chemical structures:
Cholesterol: CC(C)[C@H](CCCC(C)C)[C@H]1CC[C@@H]2[C@@]1(CC[C@H]3[C@H]2CC=C4[C@@]3(CC[C@@H](C4)O)C)C
Saturated fatty acid: CCCCCCCCCCCCCCCC
Unsaturated fatty acid: CCCCCCCC=CCCCCCCC

Production: The liver produces cholesterol from acetyl-CoA. It is also found in animal products like eggs, meat, and dairy.

Essential: Cholesterol is essential for the production of steroid hormones, bile acids, and cell membranes.

Cardiovascular Health: High cholesterol can lead to atherosclerosis, which can cause heart disease and stroke.

Cholesterol Level and Risk of CHD:

| Age | Low Risk | High Risk |
|-------------|------------|------------|
| 20-39 years | <200 mg/dL | >240 mg/dL |
| 40-49 years | <200 mg/dL | >240 mg/dL |
| 50-59 years | <175 mg/dL | >225 mg/dL |
| 60-69 years | <160 mg/dL | >200 mg/dL |

Recommendations: A diet low in saturated fats and cholesterol, and high in fiber, can help lower cholesterol levels. Regular exercise and not smoking also help.

Cardiovascular Health: High cholesterol is a major risk factor for heart disease. It can lead to atherosclerosis, which can cause heart disease and stroke.

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Informations sur le produit