

How To Raise Good Cholesterol

Cristen Willer She works at Regeneron Pharmaceuticals, and was formerly, until 2022, the Frank N Wilson Professor of Internal Medicine, Human Genetics, and Computational Medicine and Bioinformatics at the University of Michigan. Later in the year, she also
Cristen Jennifer Willer (born 1976) is an American-Canadian bioinformatician and geneticist. new genes that influence blood cholesterol levels and confirmed 11 other genes previously thought to influence cholesterol ad05d277e7

HDL particles remove fats and cholesterol from cells, including within artery wall atheroma, and transport it back... ad05d277e7 Low-density lipoprotein (LDL) carriers of cholesterol play a key role in the development of atherosclerosis and coronary heart disease via the mechanisms described by the lipid hypothesis. As lipid-lowering medications,

statins are effective in lowering apolipoprotein B and LDL cholesterol; they are widely used for primary prevention in people at high risk of cardiovascular disease, as well as in secondary prevention for those who have cardiovascular disease. Statins reduce the risk of myocardial infarction and stroke. ad05d277e7 McLagen was raised in Australia in the 1960s, prior to the North American and United Kingdom diets moving towards low fat. In the 1970s, she moved to Europe, where fat was not being removed as a common part of the diet. The 1970s saw American diets adopting lower amounts of animal fat (though without an improvement in overall health), resulting in an increased intake of overall fat, with vegetable fats substituted for animal fats, leading to higher polyunsaturated fat levels in the diet. McLagen's explanation for the belief that fat is unhealthy comes... ad05d277e7 HDL particles are commonly referred to as "good cholesterol", because they transport fat molecules out of artery walls, reduce macrophage accumulation, and thus help prevent or even regress atherosclerosis. ad05d277e7

Aseem Malhotra Malhotra is co-author of a

book called The Pioppi Diet. He contends that people should reduce sugar in their diet, adopt a low-carb and high-fat diet, and reduce their use of prescription drugs. He was the first science director of Action on Sugar in 2014, was listed as one of The Sunday Times 500 most influential people in 2016, and was twice recognized as one of the top fifty black and minority ethnic community member pioneers in the UK's National Health Service by the Health Service Journal. This advice is part Aseem Malhotra is a British cardiologist and author, whose COVID-19 vaccine and anti-statin views have been criticised as misinformation by experts. that: "Too much fat in your diet, especially saturated fats, can raise your cholesterol, which increases the risk of heart disease"

Common side effects include abdominal pain, nausea, headaches, and muscle pains. Serious side effects may include rhabdomyolysis, liver problems, and diabetes. Use during pregnancy may harm the baby. Like all statins, rosuvastatin works by inhibiting HMG-CoA reductase, an enzyme found in the liver that plays a role in producing cholesterol. Side

effects of statins include an increased risk of muscle pain, a slightly increased risk of diabetes, and abnormal blood levels of certain liver enzymes in some people. Additionally, they rarely cause severe adverse effects, particularly muscle damage, and very rarely rhabdomyolysis. ad05d277e7

Eggs as food (particularly saturated fat) is much more likely to raise cholesterol levels than the consumption of cholesterol. People in Southeast Asia began harvesting chicken eggs for food around 1500 BCE. The most widely consumed eggs are those of fowl, especially chickens. Eggs of other birds, such as ducks and ostriches, are eaten regularly but much less commonly than those of chickens. People may also eat the eggs of reptiles, amphibians, and fish. Fish eggs consumed as food are known as roe or caviar. Studies have shown conflicting results about Humans and other hominids have consumed eggs for millions of years ad05d277e7

Rosuvastatin It is recommended to be used with dietary changes, exercise, and weight loss. It is taken orally (by mouth). marketing its cholesterol-lowering drug,

rosuvastatin, raise disturbing questions about how drugs enter clinical practice and what measures exist to protect Rosuvastatin, sold under the brand name Crestor among others, is a statin medication, used to prevent cardiovascular disease in those at high risk and treat dyslipidemia or hyperlipidemia
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Fat (cookbook) LDL cholesterol, and aiding in digestion of protein and fat-soluble vitamins. The trend to lower fat foods is a result of studies conducted in the 1940s, which McLagan disputes. McLagen contends that animal fat is not unhealthy and tastes good, but *Fat: An Appreciation of a Misunderstood Ingredient, with Recipes* is a cookbook written by Canadian author Jennifer McLagan. Included in *Fat* are instructions for fat rendering, recipes for its use, and a description of the health benefits of eating animal fat. In *Fat*, McLagan discusses the history of the shift from diets that were high in animal fat to low-fat foods, which has not resulted in an appreciable increase in overall health
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== History == ad05d277e7 == History

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High-density lipoprotein HDL particles enlarge while circulating in the blood, aggregating more fat molecules and transporting up to hundreds of fat molecules per particle. HDL particles are commonly referred to as “good cholesterol”, because they transport High-density lipoprotein (HDL) is one of the five major groups of lipoproteins. They are typically composed of 80–100 proteins per particle (organized by one, two or three ApoA). Lipoproteins are complex particles composed of multiple proteins which transport all fat molecules (lipids) around the body within the water outside cells

== Early life and education ==
ad05d277e7 They act by inhibiting the enzyme HMG-CoA reductase, which plays a central role in cholesterol production. High cholesterol levels in the blood have been associated with cardiovascular...
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Statin They are typically prescribed to

people who are at high risk of cardiovascular disease. of medications that lower the concentration of cholesterol in the blood. They are typically prescribed to people who are at high risk of cardiovascular Statins (or HMG-CoA reductase inhibitors) are a class of medications that lower the concentration of cholesterol in the blood ad05d277e7

Nicotinic acid is also a prescription medication. Amounts far in excess of the recommended dietary intake for vitamin functions will lower blood triglycerides and low density lipoprotein cholesterol (LDL-C), and raise blood high density lipoprotein cholesterol (HDL-C, often referred to as "good" cholesterol). There are two forms: immediate-release and sustained-release nicotinic acid. Initial prescription amounts are 500 mg/day, increased over time until a therapeutic effect is achieved. Immediate-release doses can be as high as 3,000 mg/day; sustained-release as high as 2,000 mg/day. Despite the proven lipid changes, nicotinic acid has not been found useful for decreasing the risk of cardiovascular disease in those already prescribed a statin drug. A 2010 review had concluded that nicotinic acid was

effective as a mono-therapy, but a 2017 review incorporating twice as many trials concluded that prescription nicotinic acid, while affecting lipid levels, did not reduce all-cause mortality, cardiovascular mortality... ad05d277e7 Hens and other egg-laying creatures are raised throughout the world, and mass production of chicken eggs is a global industry. In 2009, an estimated 62.1 million metric tons of eggs were produced worldwide from a total laying flock of approximately 6.4 billion hens. There are issues of regional variation in demand and expectation, as well as current debates concerning methods of mass production. In 2012, the European Union banned battery husbandry of chickens. ad05d277e7 Willer was born in 1976 in Niagara Falls, Ontario, to parents Barry Willer and Sheelagh Brooks Willer. She was raised in Fort Erie, Ontario and earned her Bachelor of Science degree from McMaster University. Upon graduating from McMaster in 1998, Willer enrolled at Oxford University for her PhD (completed in 2003) and completed her Postdoctoral Research at the University of Michigan (UMich) from 2004 until 2010. ad05d277e7

Familial hypercholesterolemia The most common mutations diminish the number of functional LDL receptors in the liver or produce abnormal LDL receptors that never go to the cell surface to function properly (abnormal trafficking). characterized by high cholesterol levels, specifically very high levels of low-density lipoprotein cholesterol (LDL cholesterol), in the blood and early Familial hypercholesterolemia (FH) is a genetic disorder characterized by high cholesterol levels, specifically very high levels of low-density lipoprotein cholesterol (LDL cholesterol), in the blood and early cardiovascular diseases. Since the underlying body biochemistry is slightly different in individuals with FH, their high cholesterol levels are less responsive to the kinds of cholesterol control methods which are usually more effective in people without FH (such as dietary modification and statin tablets). Nevertheless, treatment (including higher statin doses and PCSK9 inhibitors) is usually effective

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Malhotra's views on diet and health have been criticized by the British Heart Foundation as "misleading and wrong",

and his public questioning of the need to ever use statins has been condemned as a danger to public health. His "Pioppi diet" was named by the British Dietetic Association as one of the "top 5 worst celeb diets to avoid in 2018". ad05d277e7 During the COVID-19 pandemic, Malhotra published a book called The 21-Day Immunity Plan, which claimed, without the backing of evidence from medical research, that following the diet can quickly help people... ad05d277e7

Dietary fiber barley, have been shown to lower blood levels of LDL cholesterol. Regularly consuming substantial dietary fiber is generally associated with supporting health and lowering the risks of several diseases. Dietary fibers are diverse in chemical composition and can be grouped generally by their solubility, viscosity and fermentability, which affect how fibers are processed in the body. They are components of many foods from plants, such as legumes, whole grains, cereals, vegetables, fruits, nuts, and seeds. Insoluble fiber does Dietary fiber (also spelled fibre), or roughage, is the portion of plant-derived food that cannot be completely broken down by human

digestive enzymes. Soluble fiber supplements also significantly lower LDL cholesterol. Dietary fiber has two main subtypes: soluble and insoluble. Dietary fiber consists of non-starch polysaccharides and other plant components, such as cellulose, resistant starch, resistant dextrins, inulins, lignins, chitins, pectins, beta-glucans, and oligosaccharides

As a research fellow in the Department of Biostatistics, Willer was the co-first author on an international study which found seven new genes that influence blood cholesterol levels and confirmed 11 other genes previously thought to influence cholesterol. Later in the year, she also helped identify 12 new genes as potential new drug targets to battle glucose levels and diabetes. In addition to the six new genes, another study also confirmed that... In 2009 the book received the James Beard Foundation Award and the IACP Cookbook Award. == Medical uses ==

Nicotinic acid It is produced by plants and animals from the amino acid tryptophan. There are two Nicotinic acid, or niacin, is

an organic compound and a vitamer of vitamin B3, an essential human nutrient. density lipoprotein cholesterol (LDL-C), and raise blood high density lipoprotein cholesterol (HDL-C, often referred to as “good” cholesterol)

Rosuvastatin was patented in 1991 and approved for medical use in the United States in 2003. It is available as a generic medication. In 2023, it was the twelfth most commonly prescribed medication in the United States, with more than 42 million prescriptions. In Australia, it was the most prescribed medication in 2023. FH is classified as a type 2 familial dyslipidemia. There are five types of familial dyslipidemia (not including subtypes), and each are classified from both the altered lipid profile and by the genetic abnormality. For example, high LDL (often due to LDL receptor defect) is type 2. Others include defects in chylomicron metabolism, triglyceride metabolism, and the metabolism of other... Food sources of dietary fiber have traditionally been divided according to proportion of soluble vs. insoluble fiber. The two types are defined according to

their characteristics of viscosity and fermentability, with different advantages between the types. Plant foods contain both types in varying amounts. Bulking fibers, such as cellulose... ad05d277e7 Lipoproteins are divided into five subgroups, by density/size (an inverse relationship), which also correlates with function and incidence of cardiovascular events. Unlike the larger lipoprotein particles, which deliver fat molecules to cells, HDL particles remove fat molecules from cells. The lipids carried include cholesterol, phospholipids, and triglycerides, amounts of each are variable. ad05d277e7

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