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Mar 7 2025 OverviewCholesterol is a waxy substance found in the blood. The body needs cholesterol to build healthy cells. But high levels of cholesterol can raise the risk of heart disease. With high cholesterol, fats and other substances can build up in blood vessels called arteries

This buildup is called plaque. As more plaque forms over time, the arteries can become narrowed or clogged.

That makes Oct 6 2025 High cholesterol can be dangerous to your health because it reduces blood flow and increases the risk of heart attack and stroke. May 15 2024 Types of risk factors You can't control some risk factors for high cholesterol such as your age or your family history.

But you can take steps to lower your risk for high cholesterol by changing things you can control. High cholesterol means you have too many lipids (fats) in your blood.

This leads to plaque growth (atherosclerosis) and raises your risk of a heart attack or stroke. Jul 10 2025 High cholesterol often has no symptoms but can lead to serious health issues.

Learn about HDL and LDL cholesterol risk factors and treatment. High cholesterol levels raise your risk for heart disease and heart attack. They put you at higher risk for stroke and peripheral artery disease. Knowing your cholesterol levels is a first step in preventing these.

Have you been told that your cholesterol is too high? If so, you could be at risk for a stroke or heart attack. Sep 4 2025 High cholesterol increases the risk of other conditions such as heart disease, diabetes and stroke. The American Heart Association explains how cholesterol affects the heart.

Learn about prevention and treatment of high cholesterol, triglycerides, LDL, HDL, atherosclerosis, arteriosclerosis, hypercholesterolemia, bad cholesterol, reducing cholesterol, cholesterol screening, cholesterol tracker, recipes and preventing high cholesterol. Jan 10 2025 The dangers of high cholesterol: Hyperlipidemia can increase your risk of certain health conditions.

Here are five dangers of high cholesterol:

1. Atherosclerosis: Atherosclerosis is the medical name for hardening of the arteries, which increases your risk of problems like heart attack and stroke.

Understanding High Cholesterol: Symptoms, Risks and Treatment Options By Dr.

Nima Mehran, MD, High cholesterol or hypercholesterolemia affects nearly 1 in 3 American adults, yet it often goes undetected until a serious event like a heart attack or stroke occurs.

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