



What is cholesterol?

It is organic compound form of fat or wax material, white color, like fat piece. It is found in animal meat and very rare found in plant, even though in coconut and oil palm. The body formation the cholesterol in the liver , and produce from it bile salt , and production essential hormones from cholesterol's reactions .

It is divided to two types

First: high density lipoprotein (HDL) or good cholesterol ; it trace cholesterol from arterial wall to blood circulation . Therefore, it prevents atheromatous disease.

Second: low-density lipoprotein (LDL) or bad cholesterol; it increase atheromatous disease.

While the triglyceride is general storage for fat in the body, and not have direct effect in atheromatous disease.

What means atheromatous disease?

It means increase thickness of blood vessels and loose elasticity it. Lead to difficulty for the blood flow, this problem effect on heart muscle .given result abnormality in heart work, and also effect on anther organs of the body.

Who of people have risk factor?

Physical inactivity.

Obesity.

Hypertension.

Diabetes mellitus.

Cigarette smoking.

Which plants reduce of cholesterol?

Carrot.

Beans.

Celery.

Garlic.

Ginger.

How do prophylaxis our self from cholesterol?

1- Eat balanced food and also choose the food which does not contain saturated fat (fish, braid, chicken) and seeds.

2- Exercise every day.

3- Maintain on ideal weight.

4- Avoid gases drinking and also café, tea (contain caffeine), smoking and alcohol.