

A REVIEW

Lipid profile and role of LDL in cardio-vascular disease

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ABSTRACT

Monitoring and maintaining healthy levels of lipids is important in staying healthy. While the body produces the cholesterol needed to function properly, the source for some cholesterol is the diet. Eating too much of foods that are high in cholesterol, saturated fats, and trans unsaturated fats (trans fats) or having an inherited predisposition can result in a high level of cholesterol in the blood. The extra cholesterol may be deposited in plaques on the walls of blood vessels. Plaques can narrow or eventually block the opening of blood vessels, leading to hardening of the arteries, and increasing the risk of numerous health problems, including heart disease (Doet *et al.*, 2013) and stroke. LDL and Oxidised LDL are the main culprit for developing health problems. A high level of triglycerides in the blood is also associated with an increased risk of developing cardio-vascular disease (CVD), although the reason for this is not well understood. Studies (Kuklina *et al.*, 2000) show that a large proportion of adults with high levels of low-density lipoprotein cholesterol (LDL-C) remain untreated or undertreated despite growing use of lipid-lowering medications.

Key Words : Lipids, LDL, Triglycerides, Cholesterol, Fats

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