

Top 5 Overlooked Truths of Cholesterol



I FIX HEARTS

BY DR. OVADIA



Truth #1:

Sugar & insulin resistance is a leading cause of heart disease

Where did the idea of bad cholesterol come from?

The perception that "cholesterol is bad" has its origins in the onset of studying heart disease.

There are several flawed studies that hand-picked information which point to cholesterol being the cause of blockages and ultimately heart disease.

Why physicians push cholesterol as bad

We, as a society, became singularly focused on what was causing the issue of heart disease to the point where only two different ideas were presented:

- 1) Saturated Fats
- 2). Sugar/Insulin Resistance

When one of these ideas seemed to have a lot of data behind it - we ran with it!

Because of this, the information published in scientific journals has been hand-picked to push the narrative that "cholesterol was a leading cause of heart disease."

I believe, as well as a lot of other physicians, that sugar and insulin resistance is actually a leading cause of heart disease.

That is why, when you focus on your metabolic health, it can help prevent heart disease.





Truth #2: Bloodwork only shows a component of cholesterol in your body

What your blood test really means

First, you have to have your cholesterol tested with a blood test. Keep in mind this bloodwork is going to reflect the cholesterol in the bloodstream at that moment in time.

Cholesterol is found throughout your body, in your brain, liver, and cells. Therefore, bloodwork just shows a component of cholesterol in your body.

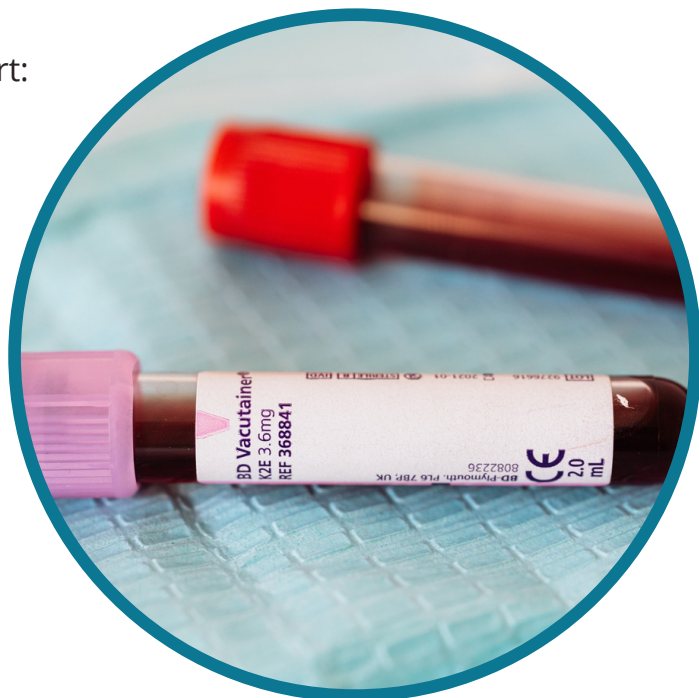
Your cholesterol panel

There are a number of things that are reported on a standard cholesterol panel.

- Total Cholesterol
- LDL (low-density lipoprotein)
- HDL (high-density lipoprotein)
- Triglycerides

Sometimes cholesterol panels will report:

- VLDL (very low-density lipoprotein)
- Total cholesterol / LDL
- Total cholesterol / HDL





Truth #3:

It is important to take into account all 4 types of cholesterol

LDL Cholesterol

Lipoproteins are categorized by density, or how tightly packed the cholesterol is in the lipoprotein.

LDL stands for low density lipoprotein, meaning the cholesterol in the particle is less tightly packed within the particle.

LDL is what a lot of doctors will refer to as "bad" cholesterol however, we have to remember that LDL is a family of particles.

Within LDL there are a variety of sizes and some nuances that may cause them to behave badly in the body but often times they are not behaving badly in the body.

HDL Cholesterol

HDL cholesterol, or high density lipoproteins, is another class of cholesterol that is more tightly packed cholesterol within particles. HDL is what most doctors would consider "good" cholesterol because we know that the higher your HDL level is the lower your risk for heart disease.

Triglycerides

Triglycerides are another type of particle that contains cholesterol. It is the way our body traffics cholesterol or energy in and out of fat cells. Triglycerides are another type of cholesterol and another marker for heart disease. When looking at your triglyceride levels you want them to be low.

VLDL Cholesterol

VLDL or very low density lipoprotein, which are even less tightly packed lipoprotein than LDL. These are a continuum of LDL and are sometimes not reported by labs. VLDL is another component that can show risk of heart disease.





Truth #4:

There are tests that tell us whether the cholesterol in our body is in a "healthy" or "damaged" state

The three tests that give you a better picture

There are a few tests, in addition to a standard cholesterol panel, that help us understand whether the cholesterol in your body is in a "normal" state or in a "damaged" state. This is important because the evidence is starting to show that it is the damaged cholesterol particles that put you at a higher risk factor.

These tests include:

- LP PLA2
- MPO (myeloperoxidase)
- OX-LDL (oxidized LDL)

These three tests can give you a better picture to see if the cholesterol is in a damaged state putting you at risk of heart disease.

These tests can also tell you the state of your blood vessels and whether or not the lining of your blood vessels is damaged.

You can ask your doctor to order these tests, but not all physicians know how to interpret the results and not all labs will run these tests. That is why it is important to partner with a knowledgeable physician.





Truth #5: The most important cholesterol ratio to look at is triglyceride level/HDL

Cholesterol Ratios

When looking at ratios in your bloodwork, the most important ratio to look at is the triglyceride level/HDL.

This ratio is an indirect indicator of how insulin sensitive you are. When you are looking at this ratio, the lower the better.

Anything under 2 is good and less than 1.5 is ideal. It's important to remember to look at these ratios using the US units of measurement, mg/dL.

How often you should run tests

You should get a basic cholesterol test done annually. If your numbers do not look good, that is an area of concern and you should implement changes.

When you're making changes you should test more frequently to see how the changes you are making are actually affecting your numbers.





Dr. Philip Ovadia

I am a board-certified Cardiac Surgeon and founder of Ovadia Heart Health. Our mission is to optimize the public's metabolic health and help people like you stay off my operating table.



As a heart surgeon who used to be morbidly obese, I have seen firsthand the failures of mainstream diets and medicine. I realized that what helped me lose over 100 pounds was the same solution that could have prevented thousands of open heart surgeries I've performed — metabolic health.

Through Ovadia Heart Health, I teach individuals and organizations my complete metabolic health system to prevent and reverse disease, avoid early death, and live well for life.

Enroll in Dr. Phil's Introduction to Cholesterol Course

No doubt you've heard that elevated cholesterol is a major cause of heart attacks. As a result of this, there are now drugs and even food products that aim to lower your cholesterol levels — an aim that allows the foods to be marketed as "heart-healthy." But recent studies show a more complex picture. Cholesterol is extremely misunderstood: it's a vital component of our cell membranes (including white blood cells). While certain cholesterol levels can indicate an elevated risk of heart disease, it's important to understand the full picture.

INTRODUCTION TO CHOLESTEROL

- Learn what cholesterol is
- Understand why it is important
- Find out what your next steps should be

WITH DR. PHILIP OVADIA



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