

## Cholesterol Guilty or not Guilty

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### Abstract:

In the early 1900's Anichkov first described the specialized myocardial cells (a thick middle layer between the outer layer of the heart wall and the inner layer) and discovered the significance and role of cholesterol in atherosclerosis pathogenesis. It is now generally agreed that there is an important relationship between the concentration of certain lipid fractions in the blood and the development of atherosclerosis and the coronary heart disease it produces. The outstanding characteristic of atherosclerosis is the presence of lipid deposits, mainly cholesterol, in the walls of the arteries (Ancel, et al., 1955). Starting in 1960, a series of publications from the Framingham Heart Study would link cholesterol, blood pressure, smoking, obesity, and lack of exercise to heart disease. Cholesterol after all is a general term that encompasses several different molecules called lipoproteins. Lipoproteins are generally characterized according to their density. Going from lowest to highest they are chylomicrons, very low-density lipoprotein (VLDL), Intermediate density lipoprotein (IDL), Low density lipoprotein (LDL) and High-density lipoprotein (HDL). The federal government's war on cholesterol, as early DGAC recommendations suggest, for example, the 1995 DGAC report stressed the dangers of dietary cholesterol. Our liver produces anywhere from 1-2 grams of cholesterol per day. Production can decrease when we eat cholesterol-rich foods and increase when we eat foods without cholesterol.

**Conclusion:** Cholesterol is very important to our body, our liver produces anywhere from 1-2 grams of cholesterol per day. Production can decrease when we eat cholesterol-rich foods and increase when we eat foods without cholesterol.



### Biography:

Hassan Abdul Raouf Mustafa Elhendy working in the department of economics at Alexandria university. Participating in many training courses such as: Training project on health care for mother and child and Supervisor of the course of preparing and planning meals for women. Conducting many scientific researches in the field of food human nutrition published in local and international scientific journals.



### Speaker Publications:

- Hassan Abdul Raouf Mustafa Elhendy et al; Effect of Saudi propolis on hepatitis male rats; July 2017.
- Hassan Abdul Raouf Mustafa Elhendy et al; Effect of broccoli intake on antioxidant in the liver and kidney tissues of hyperglycemic rats; Sep 2014.

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