

# CHOLESTERIN

*Meaning: Cholesterin is a type of lipid that is essential for cell membrane integrity and is involved in various biological processes, with elevated levels in the blood being associated with cardiovascular health risks.*

1. Cholesterin is a vital substance that plays a crucial role in cell membrane structure.
2. High levels of cholesterin in the blood can lead to an increased risk of heart disease.
3. To maintain a healthy lifestyle, it's important to monitor your cholesterin levels regularly.
4. Doctors often recommend dietary changes to help lower elevated cholesterin levels.
5. Understanding the different types of cholesterin can empower individuals to make informed health choices.

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