

# Vitruvian Man

## Private Testosterone Services

### Lipid Profile

**Studies prove definitively that AAS use decreases HDL** (High Density Lipoprotein - good cholesterol) **and increases LDL** (Low Density Lipoprotein - bad cholesterol). Over time this leads to plaque deposits and narrowing in major blood vessels.

Overall cardiovascular disease risk factors significantly increase due to alterations in blood lipid profiles and changes which occur to the blood.

### What is cholesterol?

Cholesterol is a lipid (fat chemical) that is made in the cells in your body. Many different cells make cholesterol but cells in the liver make about a quarter of the total. Although many foods contain cholesterol, it is poorly absorbed by the gut into the body. Therefore, cholesterol that you eat in food has little effect on your body and blood cholesterol level. A certain amount of cholesterol is present in the bloodstream. You need some cholesterol to keep healthy. Cholesterol is carried in the blood as part of particles called lipoproteins. There are different types of lipoproteins, but the most relevant to cholesterol are:

- Low-density lipoproteins carrying cholesterol - LDL cholesterol. This is often referred to as *bad cholesterol*. This is the one mainly involved in forming atheroma. Atheroma is the main underlying cause of various cardiovascular diseases. The majority of cholesterol in the blood is LDL cholesterol, but how much varies from person to person.
- High-density lipoproteins carrying cholesterol - HDL cholesterol. This is often referred to as *good cholesterol*. This may prevent atheroma forming.

### Cholesterol blood levels

The following levels are generally regarded as desirable:

- Total cholesterol (TC) - **5.0 mmol/L or less**. However, about 2 in 3 adults in the UK have a TC level of 5.0 mmol/L or above.
- Low-density lipoprotein (LDL) cholesterol: **3.0 mmol/L or less**.
- High-density lipoprotein (HDL) cholesterol: **1.2 mmol/L or more**.
- **TC/HDL ratio: 4.5 or less**. That is, your total cholesterol divided by your HDL cholesterol. This reflects the fact that for any given TC level, the more HDL, the better.