



# Types of Cholesterol

## GOOD CHOLESTEROL! High Density Lipoprotein

Good cholesterol (High Density Lipoprotein), carries excess cholesterol in your blood back to your liver where it's broken down and removed from your body. This means a high level of good HDL cholesterol can maintain your heart health.

## BAD CHOLESTEROL! Low Density Lipoprotein

Bad cholesterol (Low Density Lipoprotein), carries cholesterol to your cells. But when you have too much LDL, it can build up in your artery walls, causing them to narrow. This reduces blood flow, which can be bad for your heart health.

Your total cholesterol level is made up of both LDL and HDL cholesterol.

*When you get your cholesterol checked,  
make sure you find out both these levels.*



Dr. Gazda's mission is to serve her patients and humanity. All of the staff at Suzanne Gazda M.D Integrative Neurology welcomes you to be part of this remarkable healing journey. We're here to help, to heal, and to give you hope.

As Dr. Gazda says, *Without hope...none of us could survive.*

For more information, contact us at 210.853-3967