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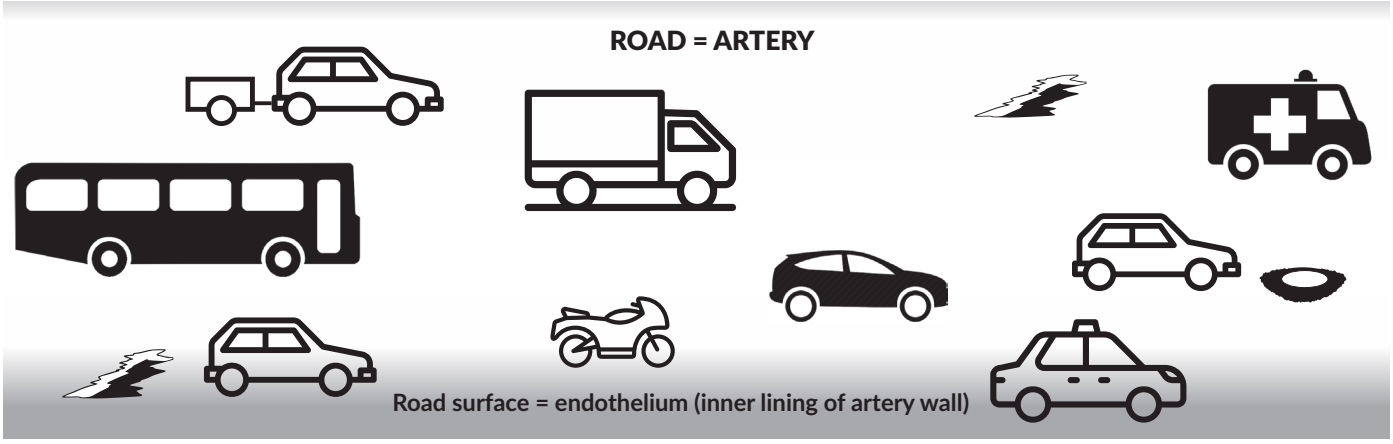
The cholesterol super-highway



Important points:

- Just as a well-maintained road with fewer cracks and potholes leads to fewer road accidents, a healthy endothelium leads to fewer LDLs getting stuck in an artery wall.
- LDLs come in different sizes. Cars, taxis and Ubers represent small dense LDLs and buses represent large buoyant LDLs. Small dense LDLs are more likely to be correlated with heart disease than large buoyant LDLs.

Passengers/cargo = cholesterol
Vehicles = carrier proteins i.e. LDL, HDL, IDL, VLDL
Potholes and cracks in the road represent damage to the endothelium.

Car/Taxi = Small LDL

Bus = Large LDL

Car + Trailer = Lp(a)

Crack in road

Truck = IDL

Ambulance = HDL

Motor bike = VLDL

Pothole

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