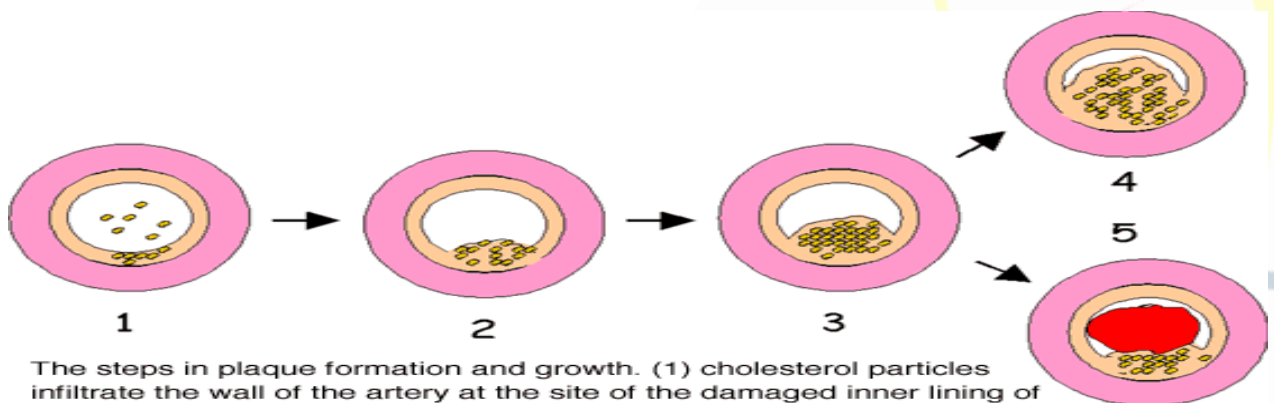


Inheritance, exercise and health

- Your metabolic rate can be affected by the genes you inherit from your parents.
- There are two types of cholesterol. You need 'good' cholesterol for your cell membranes and to make vital substances.
- Small numbers of the population inherit high levels of 'bad cholesterol', which can lead to heart disease.
- Foods rich in saturated fat can also increase blood cholesterol levels.
- By exercising regularly a person can increase their metabolic rate and lower high cholesterol levels.



The steps in plaque formation and growth. (1) cholesterol particles infiltrate the wall of the artery at the site of the damaged inner lining of the artery; (2) a plaque develops in the artery; (3) as more cholesterol and other materials are incorporated into the plaque, the plaque grows; (4) the plaque may continue to grow, blocking blood flow through the artery or (5) the plaque may "rupture" and a blood clot may form, completely blocking blood flow through the artery.

- Cholesterol is carried in your blood in two ways, as:
- low density lipoprotein (LDL) cholesterol, which is **bad** and can cause heart disease.
- high density lipoprotein (HDL) cholesterol, which is **good** as it can protect against heart disease by helping remove cholesterol from the walls of blood vessels.