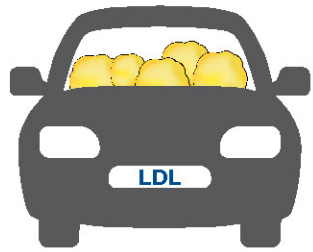


Cardiovascular disease: a closer look at cholesterol

EVERY 12 MINUTES
1 AUSTRALIAN DIES
AS A RESULT OF
CARDIOVASCULAR DISEASE¹

If our blood vessels are freeways,
LIPOPROTEINS
are the **CARS**,
CHOLESTEROL and **FATS**
are the **PASSENGERS**



When it comes to cardiovascular disease, the determining factor is **NOT THE NUMBER OF PASSENGERS IN THE CAR, RATHER...**

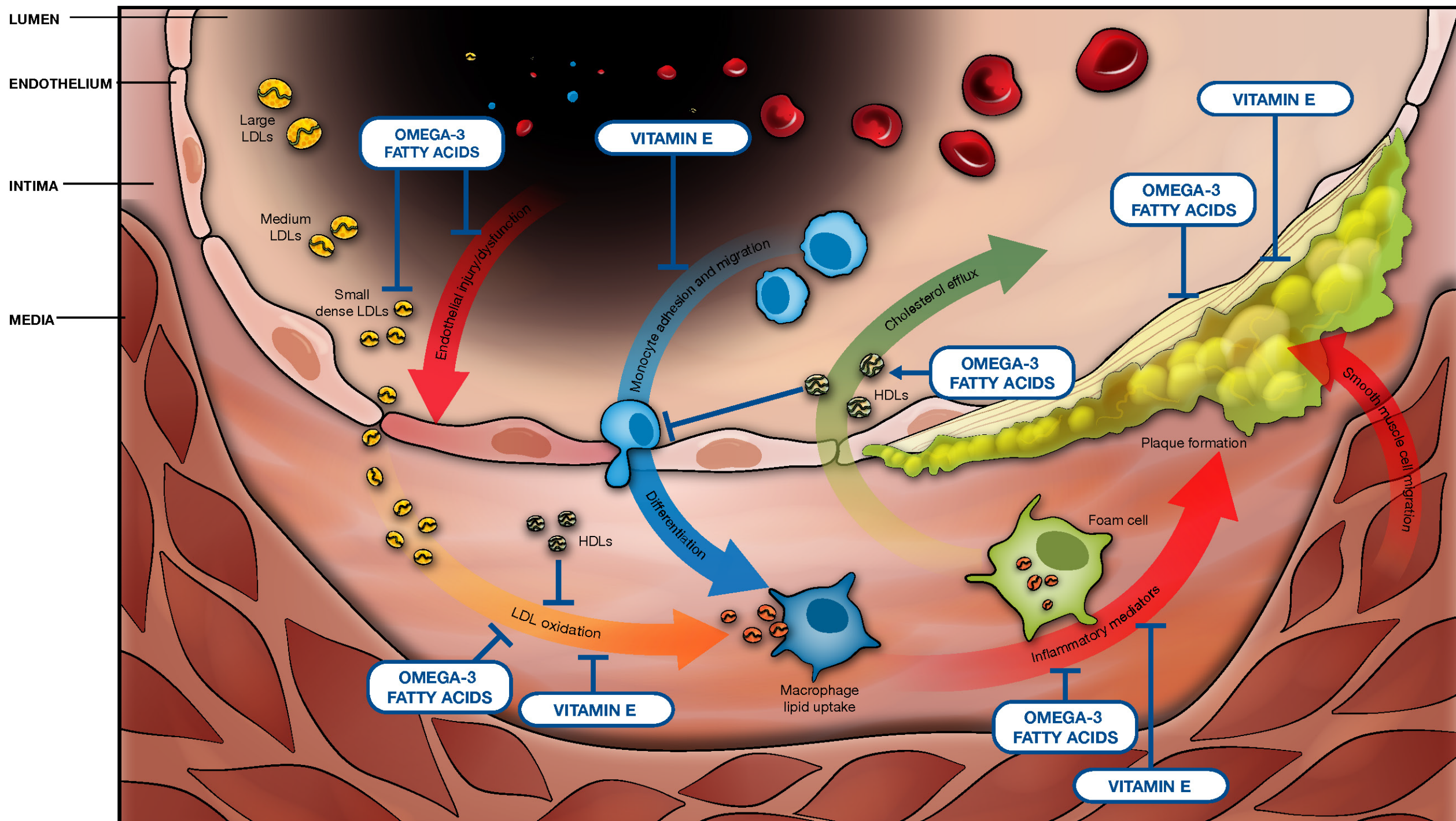


THE NUMBER OF CARS ON THE FREEWAY

The **more cars on the road**, the **HIGHER THE RISK** that some of them will **“CRASH”** into the artery wall



ATHEROSCLEROSIS: PATHOPHYSIOLOGY AND NUTRIENT INTERVENTIONS²⁻¹²



ACTIONS OF: OMEGA-3 FATTY ACIDS⁴⁻⁹

- anti-inflammatory
- reduce small LDL, increase LDL particle size
- improve endothelial dysfunction
- reduce LDL oxidation
- increase HDL and reduces LDL
- reduce plaque progression
- reduce platelet aggregation
- reduce triglycerides

VITAMIN E¹⁰⁻¹²

- anti-inflammatory
- reduce monocyte adhesion
- reduce LDL oxidation
- reduce plaque progression
- reverse plaque formation

SIZE MATTERS¹³⁻¹⁵

LDL particles vary in size from small to large. This difference in particle size is crucial.

Small, dense LDLs appear to be more atherogenic than normal LDLs.

Small LDL particles are a far more destructive than large LDL particles.

Smaller particles penetrate vascular endothelium barrier more effectively.

Once in the arterial wall, small LDL particles are more prone to oxidation, which stimulates the release of inflammatory and adhesive proteins.

Small, dense LDLs promote endothelial dysfunction and enhance production of pro-coagulants by endothelial cells.

Small LDL particles
TRIPLE

the likelihood of developing coronary plaque and suffering a heart attack¹⁴

LDL: low density lipoprotein; HDL: high density lipoprotein