

# Understanding Cholesterol Anatomical Chart

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Cholesterol Down Janet Bond Brill, PhD, RD, LDN 2009-01-21 Take control of your cholesterol with this 10-point plan from nutrition and fitness expert Dr. Janet Brill—without using drugs. If you are one of the nearly 100 million Americans struggling with high cholesterol, then Dr. Janet Brill offers you a revolutionary new plan for taking control of your health—without the risks of statin drugs. With Dr. Brill's breakthrough Cholesterol Down Plan, you simply add nine "miracle foods" to your regular diet and thirty minutes of walking to your daily routine. That's all. This straightforward and easy-to-follow program can lower your LDL ("bad") cholesterol by as much as 47 percent in just four weeks. Cholesterol Down explains Dr. Brill's ten-point plan as well as the science behind it. You'll learn how each miracle food affects LDL cholesterol and how the foods work together for maximum effect, as well as:

- How eating whole grains helps reduce LDL cholesterol in your bloodstream
- Why antioxidants keep plaque from building up in your arteries
- How certain steps change the structure of LDL cholesterol particles (and why it's best for them to be large and fluffy)
- Why walking just thirty minutes a day lowers "bad" cholesterol and cuts dangerous belly fat

With everything you need to stay focused on the plan, including a daily checklist, a six-month chart for tracking LDL cholesterol changes, tools for assessing your risk level for cardiovascular

disease, sample weekly menus, and even heart-healthy recipes, Cholesterol Down is the safe and effective alternative or complement to statin drugs.

The Illustrated Atlas of Human Pathology Scientific Publishing 2010-07-01  
Companion to our Illustrated Atlas of Human Anatomy, this portfolio provides an overview of common disorders and diseases. The 25 plate collection covers topics such as stroke, heart disease and ulcers. Related topics include Understanding Cholesterol and The Effects of Alcohol.  
Nutrition and Diagnosis-related Care Sylvia Escott-Stump 1998 The latest edition of this rapid-access resource for busy nutritionists and dieticians continues its tradition as a concise, yet comprehensive reference for nutrition-based care of diseases. It includes proven care plans flexible enough for any setting - from hospitals and ambulatory centers, to private practices and home care. Updated to include a full appendix on the use of herbs, botanicals and dietary supplements, it is also the ideal supplementary text to labs and for clinical rotations.

Roach's Introductory Clinical Pharmacology Susan M. Ford 2013-10-07  
The only pharmacology textbook truly written for the LPN student, Roach's Introductory Clinical Pharmacology, helps nursing students every step of the way to master one of the most challenging content areas in the pharmacology curriculum. Organized by body system, the book provides a clear, concise introduction to pharmacology, focusing on basic principles and the nurse's responsibility in drug administration. This Tenth Edition is enhanced by an updated art program, new patient case study scenarios, new chapter-opening Drug Classes boxes, an all-new chapter on drugs in aging, and more.

The Illustrated Atlas of Human Pathology Scientific Publishing 2009-06-23  
A companion to "Illustrated Atlas of Human Anatomy", this portfolio provides an overview of common disorders and diseases. The 25 plate collection covers topics such as stroke, heart disease and ulcers. Related topics include Understanding Cholesterol and The Effects of Alcohol. Ideal for students, patient education and the informed consumer, this portfolio would be a valuable reference for the home, school library or doctor's surgery. Charts included: COPD; Diseases of the Digestive System; High Blood Pressure; Middle Ear Infections; The Common Cold vs. the Flu; The Effects of Alcohol; The Effects of Smoking; Understanding Arthritis; Understanding Asthma; Understanding Cholesterol; Understanding Depression; Understanding Diabetes; Understanding GEM; Understanding Glaucoma; Understanding Heart Disease; Understanding Hepatitis; Understanding Metabolic Syndrome; Understanding Migraines;

Understanding Osteoporosis; Understanding Parkinson's Disease; Understanding Sinusitis; Understanding Stroke; Understanding the Prostate; Understanding the Spine; Understanding the Stomach.

Understanding High Cholesterol Wolters Kluwer 2013-11-22

Understanding High Cholesterol is an easy-to-understand overview of high cholesterol and its impact on the body's health. This chart illustrates and defines high cholesterol, discusses the sources of cholesterol from food and within the body, and describes the different types of lipoproteins and cholesterol. Healthy and unhealthy cholesterol levels are described.

Defines risk factors and causes of high cholesterol . Prevention and management techniques are also provided. Made in USA 20" x 26" heavy weight paper laminated with grommets at top corners Available in the following versions: 20" x 26" heavy weight paper laminated with grommets at top corners ISBN 978-1-4511-9324-4 20" x 26" heavy weight paper ISBN 978-1-4511-9325-1

Metabolic Syndrome Anatomical Chart Anatomical Chart Company 2003

This chart explains Metabolic Syndrome, a constellation of factors including obesity, high glucose levels in the blood, high blood pressure, and abnormal cholesterol levels. The graphics and easy-to-follow text illustrate and explain each of the risk factors in detail. The chart also lists causes, treatments, and the medical conditions associated with this disease.

Keys to Healthy Eating Anatomical Chart Anatomical Chart Company 2005-09-01

This informative and completely updated chart covers all the major topics for good nutrition and health. It contains excellent descriptions of fats, types of cholesterol, carbohydrates (including the Glycemic Index), protein, and fiber. A table of the benefits and sources of vitamins for various life stages is included. The chart provides visual comparisons of portion sizes of food with other common items (e.g., a cup of pasta is about the size of a tennis ball). Other features include a step-by-step guide on how to read a food label and information on the latest food pyramid.

Diseases & Disorders Anatomical Chart Company 2019-04-26 Perfect for medical and nursing students as well as for patient education, these vibrant, fully annotated charts illustrate and explain common diseases and disorders of the brain; heart; GI tract; eye and ear; endocrine, muscular, skeletal, reproductive, and respiratory systems; dental diseases; infectious diseases; healthy lifestyle issues; and cancer. Oversized, laminated pages in a convenient, spiral-bound format simplify and condense complex material in an easily accessible manner.

Improving Diagnosis in Health Care National Academies of Sciences,

Engineering, and Medicine 2016-01-29 Getting the right diagnosis is a key aspect of health care - it provides an explanation of a patient's health problem and informs subsequent health care decisions. The diagnostic process is a complex, collaborative activity that involves clinical reasoning and information gathering to determine a patient's health problem. According to *Improving Diagnosis in Health Care*, diagnostic errors-inaccurate or delayed diagnoses-persist throughout all settings of care and continue to harm an unacceptable number of patients. It is likely that most people will experience at least one diagnostic error in their lifetime, sometimes with devastating consequences. Diagnostic errors may cause harm to patients by preventing or delaying appropriate treatment, providing unnecessary or harmful treatment, or resulting in psychological or financial repercussions. The committee concluded that improving the diagnostic process is not only possible, but also represents a moral, professional, and public health imperative. *Improving Diagnosis in Health Care* a continuation of the landmark Institute of Medicine reports *To Err Is Human* (2000) and *Crossing the Quality Chasm* (2001) finds that diagnosis-and, in particular, the occurrence of diagnostic errors"has been largely unappreciated in efforts to improve the quality and safety of health care. Without a dedicated focus on improving diagnosis, diagnostic errors will likely worsen as the delivery of health care and the diagnostic process continue to increase in complexity. Just as the diagnostic process is a collaborative activity, improving diagnosis will require collaboration and a widespread commitment to change among health care professionals, health care organizations, patients and their families, researchers, and policy makers. The recommendations of *Improving Diagnosis in Health Care* contribute to the growing momentum for change in this crucial area of health care quality and safety.

Handbook of Nutrition and the Kidney William E. Mitch 2012-03-28

Thoroughly revised and updated for its Sixth Edition, this handbook is a practical, easily accessible guide to nutritional management of patients with acute and chronic renal diseases. Leading international experts present state-of-the-art information on these patients' nutritional requirements and offer dietary recommendations, with menus and lists of supplements to enhance patient compliance. Numerous tables and figures enable readers to find essential information quickly. This edition includes new chapters on the dietary approach to treating patients with kidney stones and hypertension, as well as on obesity and physical activity as they relate to patients with kidney disease.

Anatomy and Pathology Anatomical Chart Company 2014 "Features 52

anatomical charts created by some of the world's best medical illustrators. This book includes anatomical charts that show the human body in a format that provides a clear and visual understanding of human anatomy, physiology, and diseases."--Publisher's website.

Heart Conditions ANONIMO 2005-02-03 This chart contains a large image of a normal heart for easy comparison with important cardiac conditions. It visually and textually describes heart murmurs, cardiac arrhythmias, congenital heart defects, acquired heart defects, and high cholesterol and its consequences. Specifically, Heart Conditions: Defines heart murmurs and their causes. Shows coarctation of the aorta, ventricular septal defect, and mitral valve prolapse. Describes common cardiac arrhythmias (abnormal heart rates and rhythms)--tachycardia, bradycardia, atrial fibrillation, and ventricular arrhythmias. Shows the sites of common cardiac arrhythmias by section of the heart: sinus node, ventricular, atrial and junctional arrhythmias, as well as atrioventricular (AV) blocks. Defines and shows the following common congenital (present at birth) defects: patent ductus arteriosus, atrial septal defect, and ventricular septal defect.

Textually and visually shows acquired heart defects--myocarditis, rheumatic heart disease, cardiomyopathy, and Kawasaki's disease. Describes high cholesterol, coronary heart disease (CAD), and hypertension (high blood pressure). Shows how cholesterol is transported in the blood, the structure of a typical lipoprotein (which carries the cholesterol throughout the body), and the consequence of high cholesterol: atherosclerosis, plaque clogged arteries. Made in the USA. Available in the following versions : 20" x 26" heavy paper laminated with grommets at top corners ISBN 9781587798832 20" x 26" heavy paper ISBN 9781587798825 19-3/4" x 26" latex free plastic styrene ISBN 9781587798849

Exercise for Special Populations Peggie Williamson 2018-07-19  
Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. This updated 2nd Edition of Williamson's highly applied Exercise for Special Populations provides just enough background for practicing and future personal trainers, exercise physiologists, and other health and fitness professionals to develop and implement exercise programs for special populations. For each condition, the book provides a general description, anatomy and physiology variances, precautions, recommendations for exercise testing and prescription, instructions and images of various exercises, and nutritional considerations. Reflecting the latest best practices in the field, the 2nd

Edition features new chapters and pedagogy and a powerful suite of online resources.

Metabolic Syndrome Anatomical Chart Company 2007-03-01 Now available in Spanish, this chart explains Metabolic Syndrome, a constellation of factors including obesity, high glucose levels in the blood, high blood pressure, and abnormal cholesterol levels. The graphics and easy-to-follow text illustrate and explain each of the risk factors in detail. The chart also lists causes, treatments, and the medical conditions associated with this disease, which affects about 1 in 4 Americans.

High Cholesterol/Colesterol Alto Anatomical Chart Anatomical Chart Company 2007-02-01 Now available in Spanish, this chart is an easy-to-understand overview of high cholesterol and its impact on the body's health. The chart illustrates and defines cholesterol, shows the sources of cholesterol from food and within the body, shows and describes the different types of lipoproteins, defines risk factors and causes of high cholesterol, and illustrates the consequences of high cholesterol as plaque builds up within the blood vessels. Prevention and management techniques are also provided.

Classic Anthology of Anatomical Charts Anatomical Chart Co 2009  
Heart Conditions Anatomical Chart Company 2004-01-01 This chart contains a large image of a normal heart for easy comparison with important cardiac conditions. It visually and textually describes heart murmurs, cardiac arrhythmias, congenital heart defects, acquired heart defects, and high cholesterol and its consequences. Specifically, Heart Conditions: Defines heart murmurs and their causes. Shows coarctation of the aorta, ventricular septal defect, and mitral valve prolapse. Describes common cardiac arrhythmias (abnormal heart rates and rhythms)-- tachycardia, bradycardia, atrial fibrillation, and ventricular arrhythmias. Shows the sites of common cardiac arrhythmias by section of the heart: sinus node, ventricular, atrial and junctional arrhythmias, as well as atrioventricular (AV) blocks. Defines and shows the following common congenital (present at birth) defects: patent ductus arteriosus, atrial septal defect, and ventricular septal defect. Textually and visually shows acquired heart defects--myocarditis, rheumatic heart disease, cardiomyopathy, and Kawasaki's disease. Describes high cholesterol, coronary heart disease (CAD), and hypertension (high blood pressure). Shows how cholesterol is transported in the blood, the structure of a typical lipoprotein (which carries the cholesterol throughout the body), and the consequence of high cholesterol: atherosclerosis, plaque clogged arteries. Made in the USA. Available in the following versions : 20" x 26" heavy paper laminated with

grommets at top corners ISBN 9781587798832 20" x 26" heavy paper  
ISBN 9781587798825 19-3/4" x 26" latex free plastic styrene ISBN  
9781587798849

Keys to Healthy Eating Lippincott Williams & Wilkins 2011-04-06 Keys to Healthy Eating Anatomical Chart has been updated with changes from the USDA's 2010 Dietary Guidelines. This chart contains excellent descriptions of fats, types of cholesterol, carbohydrates (including the Glycemic Index), protein, and fiber. It also features a useful step-by-step guide of how to read a food label and provides information on the latest food pyramid.

Colesterol alto / High Cholesterol Anatomical Chart Anatomical Chart Company 2007-02-01 Now available in Spanish, this chart is an easy-to-understand overview of high cholesterol and its impact on the body's health. The chart illustrates and defines cholesterol, shows the sources of cholesterol from food and within the body, shows and describes the different types of lipoproteins, defines risk factors and causes of high cholesterol, and illustrates the consequences of high cholesterol as plaque builds up within the blood vessels. Prevention and management techniques are also provided.

Understanding High Cholesterol Paper 2013-11-01 Understanding High Cholesterol is an easy-to-understand overview of high cholesterol and its impact on the body's health. The chart illustrates and defines high cholesterol, discusses the sources of cholesterol from food and within the body, describes the different types of lipoproteins and cholesterol. , Compares healthy and unhealthy cholesterol levels. Defines risk factors and causes of high cholesterol . Prevention and management techniques are also provided. Made in USA 20" x 26" heavy weight paper Available in the following versions: 20" x 26" heavy weight paper laminated with grommets at top corners ISBN 978-1-4511-9324-4 20" x 26" heavy weight paper ISBN 978-1-4511-9325-1

High Cholesterol Anatomical Chart ANONIMO 2005-05-09 High Cholesterol chart is an easy-to-understand overview of high cholesterol and its impact on the body's health. The chart illustrates and describes cholesterol with bold illustrations including: sources of cholesterol from food and within the body the different types of lipoproteins: Chylomicron, HDL, LDL ,VLDL and triglycerides Also discusses: causes of high cholesterol consequences of untreated high cholesterol risk factors prevention and management Dramatically Illustrates plaque build up within the blood vessels Available in Spanish Made in the USA. Available in the following versions : 20" x 26" heavy paper laminated with grommets at top

corners Spanish ISBN 9780781773058 20" x 26" heavy paper Spanish ISBN 9780781773041

Metabolic Syndrome Anonimo 2003 This chart explains Metabolic Syndrome, a constellation of factors including obesity, high glucose levels in the blood, high blood pressure, and abnormal cholesterol levels. The graphics and easy-to-follow text illustrate and explain each of the risk factors in detail. The chart also lists causes, treatments, and the medical conditions associated with this disease.

Exploring the Heart Anatomical Chart Company Staff 2004-02-18 Vivid 3D computer-generated images clearly illustrate the features of each structure. The easy-to-understand text links to corresponding subjects. Features include rotating and still 3D models; mouse-over labeling; interactive quizzing, heart sounds, and a gallery of images to print and use in presentations. This is the perfect learning tool for patients and students. Topics include: Anatomy of the heart Cholesterol buildup Atherosclerosis Hypertension Blood vessel damage Stroke Left ventricular hypertrophy Angina Myocardial infarction (heart attack) Congestive heart failure Mitral valve prolapse PC / Macintosh Compatible. System Requirements—PC: Windows95, 98, ME, 2000, XP or NT 4.0. Netscape 7.1 and IE 5+. Pentium Processor, Min 32 Mb RAM; 16 bit color. Soundcard. System Requirements—Mac: PowerMac OS 7.1 or newer. Min 20 Mb RAM, 200MHz processor or better. Netscape 7.1.

Understanding Cholesterol Anatomical Chart Anatomical Chart Company 2000-01-01 Illustrates the structure and classification of a lipoprotein. Shows cholesterol transport in the blood, how cholesterol is made and stored in the liver. Also shows atherosclerosis, the consequence of high cholesterol.

Understanding the Digestive System Scientific Publishing Ltd. 2006 A comprehensive selection of teaching tools for general anatomy and pathology. Each flip chart in the series offers a complete overview and understanding of the subject matter. Ideal for student or patient education. Suitable for the home, the school library, or physician's office. Can be written on by dry marker.

Understanding Cholesterol Anatomical Chart Company Staff 2001-01-01 Illustrates the structure and classification of a lipoprotein. Shows cholesterol transport in the blood, how cholesterol is made and stored in the liver. Also shows atherosclerosis, the consequence of high cholesterol. Size is 20" W by 26" H.

Anatomy & Physiology 2016

Prevent and Reverse Heart Disease Caldwell B. Esselstyn Jr. M.D. 2008-

01-31 The New York Times bestselling guide to the lifesaving diet that can both prevent and help reverse the effects of heart disease Based on the groundbreaking results of his twenty-year nutritional study, Prevent and Reverse Heart Disease by Dr. Caldwell Esselstyn illustrates that a plant-based, oil-free diet can not only prevent the progression of heart disease but can also reverse its effects. Dr. Esselstyn is an internationally known surgeon, researcher and former clinician at the Cleveland Clinic and a featured expert in the acclaimed documentary Forks Over Knives. Prevent and Reverse Heart Disease has helped thousands across the country, and is the book behind Bill Clinton's life-changing vegan diet. The proof lies in the incredible outcomes for patients who have followed Dr. Esselstyn's program, including a number of patients in his original study who had been told by their cardiologists that they had less than a year to live. Within months of starting the program, all Dr. Esselstyn's patients began to improve dramatically, and twenty years later, they remain free of symptoms. Complete with more than 150 delicious recipes perfect for a plant-based diet, the national bestseller Prevent and Reverse Heart Disease explains the science behind the simple plan that has drastically changed the lives of heart disease patients forever. It will empower readers and give them the tools to take control of their heart health.

Anatomy and Pathology Anatomical Chart Co 2005-01-01 The charts show the human body using a format that provides a clear and visual understanding of human anatomy, physiology and diseases.

Understanding Cholesterol Anatomical Chart Anatomical Chart Company Staff 2000-01-28 Illustrates the structure and classification of a lipoprotein. Shows cholesterol transport in the blood, how cholesterol is made and stored in the liver. Also shows atherosclerosis, the consequence of high cholesterol.

Gray's Anatomy-cholesterol David J. Galston 2005-01-01 These posters are created from a combination of Gray's Anatomy artworks with the text written by specialists in the given therapy area. This means that the content is current and totally accurate - reflective of the high prestige of the Gray's brand. Unparalleled diagrammatic representation of human structure serves as the ultimate visual resource on human anatomy Spectacular artwork programme summarises information, permits reader to learn and memorise 3-D relationship of anatomical structures and then apply this knowledge to their practice All text is fully updated and prepared by specialists who are working in the relevant therapy area on a day-to-day basis thereby ensuring total applicability to the given clinical setting. Understanding Type 2 Diabetes Anatomical Chart Anatomical Chart

Company Staff 2006-02-27 The Second Edition of our Understanding Type 2 Diabetes Anatomical Chart has been simplified for easier and faster comprehension. The chart defines type 2 diabetes and the role of glucose and insulin in the body, and lists symptoms, risk factors, and ways to control the disease. This revised chart shows glucose molecules from the digestive system and insulin molecules from the pancreas traveling in a blood vessel. Illustrations visually compare a normal body cell to a body cell with diabetes and show when the cell develops a resistance to insulin, making it more difficult for glucose to enter the cell and leading to build-up of glucose in the blood vessel. The chart textually and visually presents complications from the disease: heart disease, stroke, vascular disease, nerve damage (neuropathy), kidney disease (nephropathy), periodontal disease (gum disease and mouth infection), and eye diseases such as glaucoma, cataracts, and diabetic retinopathy. Available in Spanish and English. Made in USA Available in the following versions: 20" x 26" heavy weight paper laminated with grommets at top corners ISBN 9781587799563 20" x 26" heavy weight paper ISBN 9781587799556 20" x 26" heavy weight paper laminated with grommets at top corners Spanish ISBN 9781587799587 20" x 26" heavy weight paper Spanish ISBN 9781587799570

Anatomical Chart Company Atlas of Pathophysiology Julie Stewart 2017-11-01 Comprehensive and practical, the freshly updated Anatomical Chart Company Atlas of Pathophysiology, 4th Edition, offers nearly 450 illustrations that demonstrate the causes, symptoms, and progression of more than 200 disorders. Clear and simple explanations of each disorder are followed by rationales for proven clinical interventions. This backup to classroom texts is also a handy on-the-unit reference for nurses and other healthcare professionals, and support for patient education. At-a-glance answers—and the right interventions—for more than 200 disorders in a quick-read format ... NEW includes a free eBook NEW and updated content illustrating and explaining the most common conditions, with topics presented alphabetically: Central concepts—cells, cancer, infection, genetics, and fluids and electrolytes Disorders affecting each body system—respiratory, neurologic, gastrointestinal, musculoskeletal, hematologic, immunologic, endocrine, and reproductive—as well as renal, skin, and sensory disorders Each disease entry presents an introduction, causes, pathophysiology, complications, signs and symptoms, diagnostic test results, and treatment, with facing page showing a detailed illustration to help you visualize the disease process Easy-to-locate content in an easy-read template that tackles numerous topics found in daily practice,

such as: Diseases and disorders that need immediate attention, such as pulmonary embolism, depression, and glaucoma The differences between prehypertension and Stage 1 hypertension Which parts of the brain are affected by generalized seizures, as opposed to partial seizures Lifestyle changes to recommend to a patient with high plasma glucose The causes of carpal tunnel syndrome 450 large, detailed, full-color illustrations from Anatomical Chart Company to help you differentiate among symptoms and disorders that appear similar Icons that offer important tips, including: Age Alert – how pathophysiologic processes—incidence, onset, and clinical appearance—appear in different age groups, such as aortic aneurysm, atypical myocardial infarction, and Parkinson’s disease Clinical Tips – advice on areas such as improving auscultation in myocarditis, evaluating diagnostic test results in suspected spinal injuries, early recognition of life-threatening symptoms in myasthenia gravis, respiration changes in peritonitis, and more Complications – identifies common progressions of untreated or worsening conditions

Diet and Health National Research Council 1989-01-01 Diet and Health examines the many complex issues concerning diet and its role in increasing or decreasing the risk of chronic disease. It proposes dietary recommendations for reducing the risk of the major diseases and causes of death today: atherosclerotic cardiovascular diseases (including heart attack and stroke), cancer, high blood pressure, obesity, osteoporosis, diabetes mellitus, liver disease, and dental caries.

Harper's Illustrated Biochemistry 31e Victor W. Rodwell 2018-05-23 "The Thirty-First Edition of Harper's Illustrated Biochemistry continues to emphasize the link between biochemistry and the understanding of disease states, disease pathology, and the practice of medicine. Featuring a full-color presentation and numerous medically relevant examples, Harper's presents a clear, succinct review of the fundamentals of biochemistry that every student must understand in order to succeed in medical school. "--Résumé de l'éditeur.

Cardiovascular Disability Institute of Medicine 2010-12-04 The Social Security Administration (SSA) uses a screening tool called the Listing of Impairments to identify claimants who are so severely impaired that they cannot work at all and thus immediately qualify for benefits. In this report, the IOM makes several recommendations for improving SSA's capacity to determine disability benefits more quickly and efficiently using the Listings. The Complete Portfolio of Human Anatomy and Pathology Scientific Publishing Ltd. 2005 The 50 plates are spiral-bound, allowing plates to lay flat for easy examination and the vivid illustrations present each topic in a

concise form. This portfolio has a place on the school library shelf, a physician's office or at home with the family's other information resources. Features \* 50 Illustrated Plates: 12pt stock and amp; UV coated \* Hardcover \* Laminated dust jacket \* Sprial bound \* Suitable for erasable dry marker List of Plates \* Skeletal System \* Understanding the Hip and amp; Knee \* Understanding the Shoulder and amp; Elbow \* Understanding the Foot and amp; Ankle \* Understanding the Hand and amp; Wrist \* Osteoa

High Cholesterol Anatomical Chart Anatomical Chart Company Staff 2005-05-02 This chart is an easy-to-understand overview of high cholesterol and its impact on the body's health. The chart illustrates and defines cholesterol, shows the sources of cholesterol from food and within the body, describes the different types of lipoproteins, defines risk factors and causes of high cholesterol, and illustrates the consequences of high cholesterol as plaque builds up within the blood vessels. Prevention and management techniques are also provided.

Keys to Healthy Eating Anatomical Chart in Spanish (Claves Para Comer Saludablemente) Anatomical Chart Company 2005-12-01 One of our most popular charts Keys to Healthy Eating 2E has now been translated into Spanish! This informative and completely updated chart covers all the major topics for good nutrition and health. It contains excellent descriptions of fats, types of cholesterol, carbohydrates (including the Glycemic Index), protein, and fiber. A table of the benefits and sources of vitamins for various life stages is included. The chart provides visual comparisons of portion sizes of food with other common items (e.g., a cup of pasta is about the size of a tennis ball). Other features include a step-by-step guide on how to read a food label and information on the latest food pyramid. Available in English and Spanish Made in the USA. Available in the following versions : 20" x 26" heavy paper laminated with grommets at top corners ISBN 9781605471075 20" x 26" heavy paper ISBN 9781605471068 20" x 26" heavy paper laminated with grommets at top corners Spanish ISBN 978158799501 20" x 26" heavy paper Spanish ISBN 9781587799495