



types and estimated methods of lipid profile

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Intended learning outcomes

- Identify the principles of the lipid profile test
- Calculation of total cholesterol concentration in the unknown sample

Lipids profile

Lipid profile: A pattern of lipids in the blood.

A lipid profile usually includes the levels of total cholesterol, high-density lipoprotein (HDL), low-density lipoprotein (LDL) and triglycerides (TG), by using these values, a laboratory may also calculate: Very low-density lipoprotein (VLDL) and triglyceride:HDLratio

Lipids profile

It is used to determine the risk of heart diseases. Lipids are different from most tests in that it is not used to diagnose or monitor a disease but is used to estimate the risk of developing a disease, specifically the heart diseases.

- Blood lipoprotein

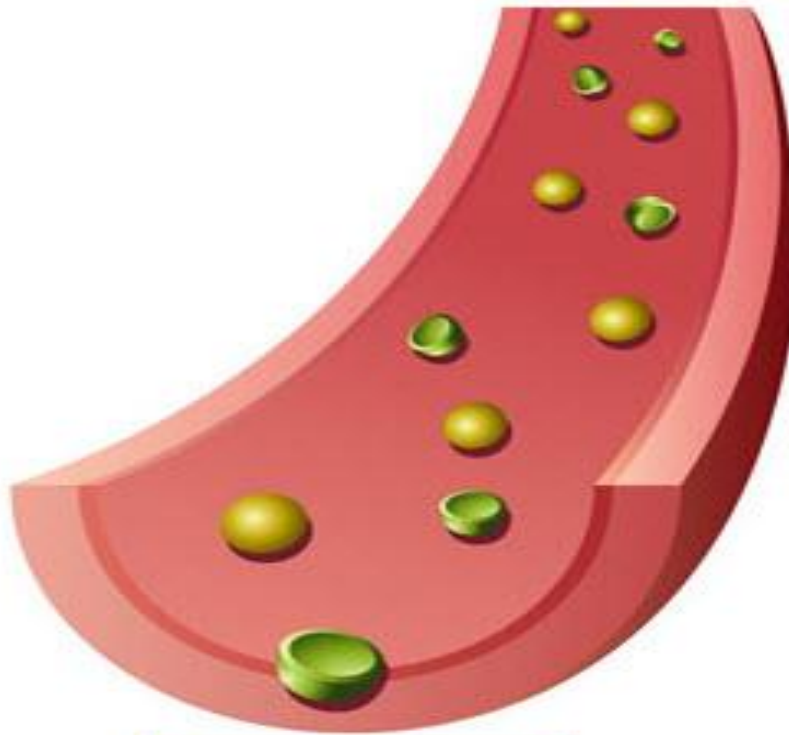
- o They are lipids carrier particles . Composed of: cholesterol, cholesterol ester, TG, phospholipids and protein
- o Four major types: vLDL, LDL, HDL and chylomicron They differ in the contents of each composition.
- o Function: transport lipids in blood to organs (lipids are hydrophobic and can't transport in blood without carrier)
- o Then these lipids are either: stored in adipose tissue or oxidized to give energy



الكولسترول الضار



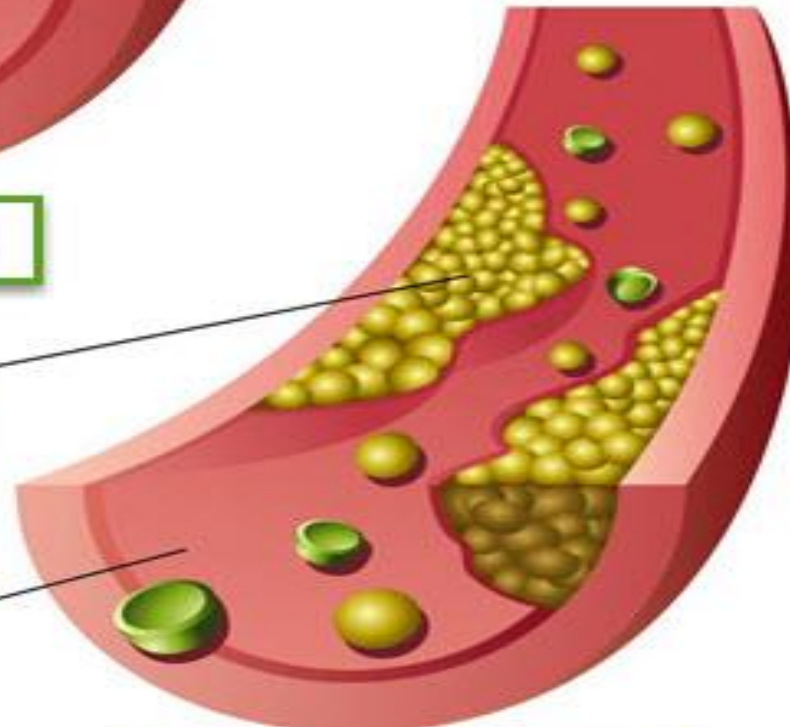
الكولسترول النافع



شريان طبيعي

دهون مترسبة

شريان



شريان متصلب

الدهون

الدهون المتحولة



زيت نباتي مهرج
الوجبات السريعة
طعام مقلي
معجنات



الدهون المشبعة



دهون نباتية

جوزة الهند
زيت النخيل



دهون الحيوانات

جلد الدواجن
اللحوم الدهنية
زبدة
منتجات الألبان
(كاملة الدسم)



الدهون غير المشبعة



الدهون المتعددة

زيوت عباد الشمس
فول الصويا
بذور الكتان
سمك



الدهون الأحادية

زيوت الزيتون
افوكادو
اللوز والبندق والجوز
بذور اليقطين والسمن



Thank you
for attention