University of Montpellier researchers reveal us how depression is related to cholesterol and gender.

Did you know the Institute of Health and Medical Research (INSERM) and University of Montpellier financed researchers suggested that regulating 'good' and 'bad' levels of cholesterol may help reduce emotional problems among aging adults? In a newly released issue of the publication Biological Psychiatry (http://www.biologicalpsychiatryjournal.com) released in July 2010, leading researcher Dr. Marie-Laure Ancelin of INSERM (Institut National de la Santé et de la Recherche Médicale http://www.inserm.fr) described that gender-specific regulation of levels of cholesterol may help prevent depressive disorders in the seniors.

French analysts followed a large group of women and men aged sixty five and older for 7 years. They established that depressive disorder in women was linked with lower levels of "good" high-density lipoprotein cholesterol (HDL-C), which puts them at higher risk for coronary disease, including stroke.

On the other hand, depression in men was related to low levels of "bad" low-density lipoprotein cholesterol (LDL-C). This association was strongest in men with a genetic vulnerability to depression related to a serotonin transporter gene. Therefore, proper regulation of HDL-C and LDL-C levels may help stop depressive disorder in the elderly, the researchers concluded.


Major dietary sources of cholesterol include cheese, egg yolks, meat, pork, chicken, and shrimp. Plant products such as flax seeds and peanuts have cholesterol-like substances known as phytosterols.

Total cholesterol means the sum of HDL (High-density lipoprotein), LDL (Low-density lipoprotein), and VLDL (Very-low-density lipoprotein). Usually, only the total, HDL, and triglycerides are measured.

It is strongly recommended to have cholesterol tested more often than 5 years if someone has total cholesterol of 200 mg/dL or more, or if a man over age forty five or a woman over age 50 has HDL (good) cholesterol less than 40 mg/dL, or occur other risk factors for heart disease and stroke.

So...exactly what can you do to rise your HDL (good) and decrease your LDL (bad) levels?
1. Workout can substantially raise HDL cholesterol while lowering LDL cholesterol.

2. Smoking cigarettes has been shown to lower HDL while raising LDL cholesterol.

3. Prepared, trans fats at the same time raise LDL cholesterol and lower HDL cholesterol.

4. Monounsaturated fats such as those found in olive oil and avocados raise HDL and reduce LDL.

5. Fatty fish like salmon and sardines contain omega-3 fats that raise HDL and lower LDL.

6. Whole, intact cereals contain dietary fiber and niacin, both of which raise HDL and may lower LDL.

Now it's all to you...