



# Marie Maynard Daly



# All about Marie Maynard Daly

Marie Maynard Daly was born on April 16 1921 in Corona, USA.

She was most famous for being the first African American woman to earn a Doctorate degree in Chemistry in the USA.

She studied about cholesterol , sugars and protein.

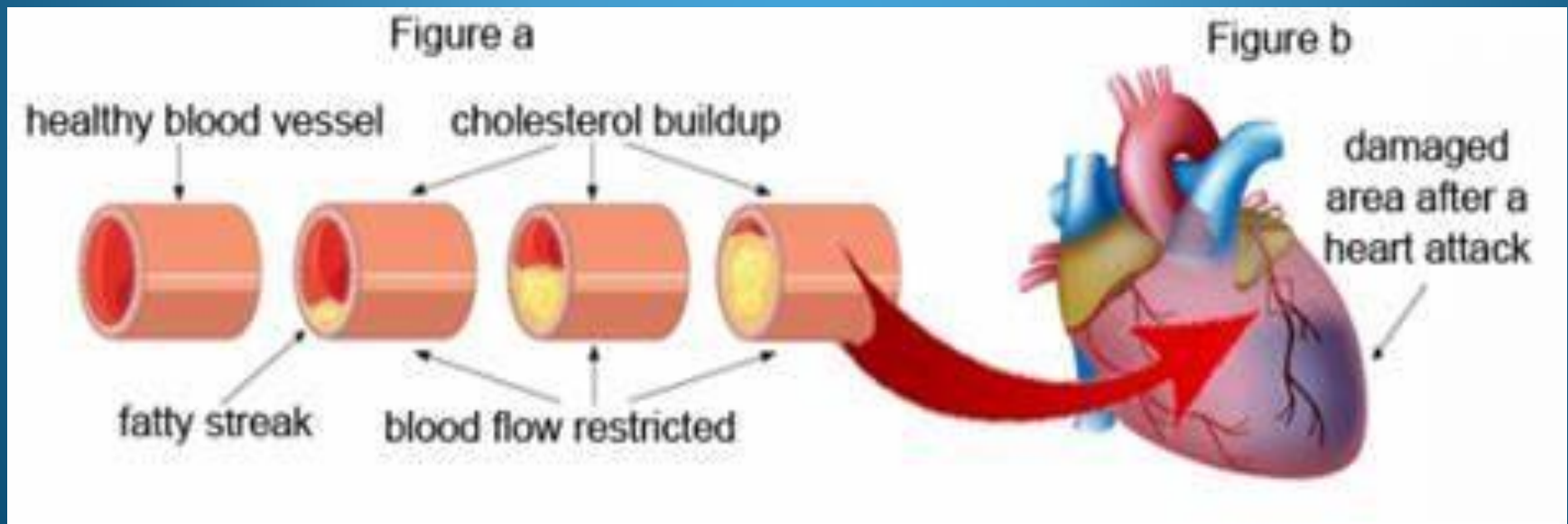


# What is cholesterol

- Cholesterol is a dense substance found in every cell of your body.
- Produced by your liver, cholesterol is essential to many life-sustaining functions. It helps your body make hormones and vitamin D , and it's also found in compounds — such as bile — that your body creates to help you digest food.

# Cholesterol

- We shouldn't have a lot of cholesterol in our bodies because our arteries could get blocked with plaque. Also, if someone has high cholesterol, there is a bigger chance of that person to get illnesses like heart attacks and strokes.



# What should we do to prevent this?

- To help prevent high cholesterol levels we should:

Avoid eating too much junk food



# What should we do to prevent this?

Exercise every day



# What should we do to prevent this?

Sleep enough



Video