

Man Went on a Diet of Butter and Cheese, and Cholesterol Started Leaking from His Skin

A man in his 40s followed a “carnivorous diet,” consuming up to 9 kg of cheese, butter, and burgers daily. Although he noticed weight loss and increased energy, doctors found that high cholesterol levels caused a condition called xanthelasma. This occurs when excess cholesterol leaks from blood vessels and forms yellow deposits, often on the skin.

While xanthelasma is sometimes observed around the eyes, it can occur anywhere on the body and is associated with heart disease due to high cholesterol levels. Although the long-term health condition of the man is not specified in this case, it serves as a “warning.”

News materials should not be equated with a doctor’s prescription. Consult a specialist before making any decisions.