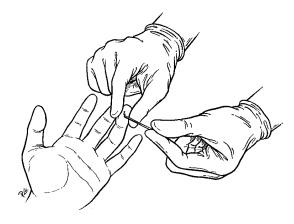


What Do My Cholesterol Levels Mean?

igh blood cholesterol signals a higher risk of heart attack and stroke. That's why it's important to have your cholesterol levels checked regularly and discuss them with your doctor. A "lipoprotein profile" is a test to find out your blood cholesterol numbers. It gives information about total cholesterol, LDL (bad) cholesterol and HDL (good) cholesterol, as well as triglycerides (blood fats).

All of these are measured in milligrams per deciliter of blood (mg/dL).



Taking a small blood sample from a finger is one common way that cholesterol levels can be measured.

What should my total cholesterol level be?

Total Blood Cholesterol Levels:

Less than 200 mg/dL = Desirable—lower risk 200 to 239 mg/dL = Borderline high higher risk 240 mg/dL and above = High blood cholesterol – more than twice the risk as desirable level

What should my HDL cholesterol level be?

HDL stands for high-density lipoprotein. HDL is considered "good" cholesterol because it seems to lower your risk of heart attack and stroke. That means that — unlike other cholesterol levels — the higher your HDL, the better.

You can raise your HDL by quitting smoking, losing excess weight and being more active. If you make healthful lifestyle changes, you

can raise your HDL and reduce your risk of heart attack and stroke.

HDL Cholesterol Levels:

Less than 40 mg/dL = Low HDL cholesterol higher risk

40 to 59 mg/dL = The higher your HDL level, the better

60 mg/dL and above = High HDL cholesterol—lower risk

What should my LDL cholesterol level be?

LDL stands for low-density lipoprotein. This is the main carrier of harmful cholesterol in your blood. A high level of LDL cholesterol means there's a higher risk of heart disease and stroke. The lower your LDL cholesterol is, the lower your risk will be.

LDL Cholesterol Levels:

Less than 100 mg/dL = Optimal for people with heart disease or diabetes

100 to 129 mg/dL = Near or above optimal

130 to 159 mg/dL = Borderline high 160 to 189 mg/dL = High		190 mg/dL and above = Very High							
					What should my triglyceride I	evel be?			
Triglycerides are the most common type of fat in your body. They're also a major energy source. They come from food, and your body also makes them. As people get older, gain excess weight or both, their triglyceride and cholesterol levels tend to rise. Many people who have heart disease or diabetes have high fasting triglyceride levels. Some studies have shown that people with		above-normal fasting triglyceride levels (150 mg/dL or higher) have a higher risk of heart disease and stroke. Triglyceride Levels: Less than 150 mg/dL = Normal 150 to 199 mg/dL = Borderline high 200-499 mg/dL = High 190 mg/dL and above = Very High							
					My Cholesterol and Triglyceri	de Levels			
					Use the chart below to keep track				
a test. Make sure you discuss the	•	• • • • • • • • • • • • • • • • • • • •	eride levels each	time you have					
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Total blood cholesterol level HDL cholesterol level LDL cholesterol level Triglyceride level How can I learn more? • Talk to your doctor, nurse or heaprofessional. Or call your local A Heart Association at 1-800-242 or the American Stroke Associa	My Goal My Goal Alth care American -8721, tion at	Ist Visit Ist Visit If you have he your family a lt's very importanges not the changes not the changes in the change in the c	2nd Visit nigh cholesterol, also may be at hiortant for them t	3rd Visit members of igher risk for it. o make					



How often should I have my levels checked?

What about other fats?