



Cholesterol Results

Name: _____

Date: _____

Results

We tested your blood for cholesterol. The results are shown below.

	Your Value
Total Cholesterol – measures the sum of fats in the bloodstream	_____mg/dL
LDL Cholesterol – the “bad” cholesterol, so a lower number is better	_____mg/dL
HDL Cholesterol – considered the “good” cholesterol, so more is better	_____mg/dL
Triglycerides – fats that come directly from fats in your diet	_____mg/dL

What do cholesterol results indicate?

A blood lipid panel and cholesterol test measures the total amount of fat in your blood. Your body needs cholesterol to continue building healthy cells, but high cholesterol can cause fatty build up in the arteries that can block or restrict blood flow through your body. High cholesterol levels may indicate a risk of heart disease. The lipid panel test we conducted calculates four types of fats in your blood.

Interpretation and Advice

Total Cholesterol		
✓	Your result is	This is considered
	Below 200 mg/dL	Desirable
	200 – 239 mg/dL	Borderline High
	240 mg/dL and above	High

HDL Cholesterol		
✓	Your result is	This is considered
	60 mg/dL and above	Best
	50 – 59 mg/dL	Better
	Below 40 mg/dL (men) Below 50 mg/dL (women)	Poor

LDL Cholesterol		
✓	Your result is	This is considered
	100 – 129 mg/dL	Desirable
	130 – 159 mg/dL	Borderline High
	160 – 189 mg/dL	High
	190 mg/dL and above	Very High

Triglycerides		
✓	Your result is	This is considered
	Below 150 mg/dL	Desirable
	150 -199 mg/dL	Borderline High
	200 – 499 mg/dL	High
	500 mg/dL and above	Very High

If you have high cholesterol, you should be able to lower your cholesterol with different lifestyle changes. **You should share your test results with your health care provider to discuss the best way to lower your cholesterol.**