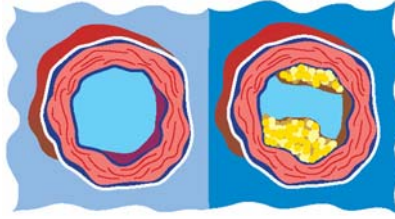




WHAT DO MY CHOLESTEROL NUMBERS MEAN?

What is cholesterol? Cholesterol is a waxy substance that is naturally present in all parts of the body. It is used to make cell walls and vitamin D. It comes from the food you eat, and is produced naturally by your liver. Too much cholesterol can cause a build-up of fat and cholesterol in your arteries.

A normal coronary artery.



An artery with buildup of plaque.

When an artery to the brain is blocked, a stroke can happen.

Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.

Total Cholesterol is the sum of all the cholesterol in your blood.

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline High
240 mg/dL and Above	High

Low density lipoproteins (LDL) are “bad” cholesterol. Most blood cholesterol is LDL and is the main source of build-up and blockages in the arteries.

For LDL, low numbers are better.

LDL Cholesterol Level	Category
Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline High
160-189 mg/dL	High
190 mg/dL and Above	Very High

High density lipoproteins (HDL) are “good” cholesterol that protects against heart disease.

For HDL, high numbers are better.

HDL Cholesterol Level	Category
Less than 40 mg/dL	A major risk factor for heart disease
40-59 mg/dL	The higher your HDL, the better
60 mg/dL and Above	An HDL of 60 mg/dL and above is considered protective against heart disease

Triglycerides are another form of fat in your blood that should be monitored along with your cholesterol.

Triglyceride Level	Category
Less than 50 mg/dL	Normal
150-199 mg/dL	Borderline High
200-499 mg/dL	High
500 mg/dL and Above	Very High