



UNDERSTANDING YOUR CHOLESTEROL LEVELS

Cholesterol is a form of fat found in the blood and all cells of the body.

High cholesterol levels can cause cholesterol to be deposited within the walls of arteries, making it difficult for blood to flow through. This build-up in the arteries can increase the risk of heart disease and stroke.

BREAKING DOWN THE RESULTS

HDL

HDL or “good” cholesterol helps clear the arteries and carries cholesterol away from the blood, helping to reduce the risk of heart disease. A high HDL reading is desirable.

**1.5
plus**
mmol/L



LDL

LDL or “bad” cholesterol can build up in your arteries reducing blood flow and causing blockages in your arteries and can increase the risk of heart disease.

>4.5
mmol/L

3.6-4.5
mmol/L

1.7-3.5
mmol/L

Triglycerides

Triglycerides are the most common type of fat found in the body and provide the body with energy, but high levels make the blood thick and sticky which can increase the risk of heart disease.

>2.5
mmol/L

1.8-2.5
mmol/L

0.5-1.7
mmol/L

HDL + LDL + 20% Triglycerides
= TOTAL CHOLESTEROL

3.9-5.5
mmol/L

5.5-6.5
mmol/L

>6.5
mmol/L

Desirable

Borderline

High

High

High

Borderline

Borderline

Desirable

Desirable