
















Cholesterol Test: What Does It Mean?



Cholesterol is a soft, waxy substance made by your body. Some kinds are good, and some are bad. Your body needs a little cholesterol, but too much of the bad kind can clog your arteries. This can raise your chance of heart attack and stroke. There is a test for each kind of cholesterol.

Types of cholesterol and what test results mean

Types of cholesterol	What does test result mean?
HDL (Good)	The higher the number, the better – less disease risk  Above 59: Best  40-59: Good  Below 40: High risk
LDL (Bad)	The lower the number, the better – less disease risk  Below 100: Best  100-129: Good  130-159: Borderline high risk  160-189: High risk  Above 189: Very high risk
Triglycerides	The lower the number, the better – less disease risk  Below 150: Best  150-199. Slightly high risk  200-499: High risk  Above 499: Very high risk
Total Cholesterol	The lower the number, the better – less disease risk  Below 200: Best  200-239: Borderline high risk  Above 240: High risk

Talk with your doctor

Your doctor can tell you your risk for heart attack and stroke based on your test results.

They can suggest things you can do to lower risk.



Watch out for these things, too. They can raise risk of heart attack and stroke:

- ♥ Being overweight
- ♥ High blood sugar
- ♥ High blood pressure
- ♥ Being older
- ♥ Smoking/chewing tobacco
- ♥ Family history of heart disease



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Sources:
American Heart Association; National Heart, Lung, and Blood Institute; Mayo Clinic; Medline Plus