UNDERSTANDING CHOLESTEROL

Normal Lab Values:

- **TOTAL CHOLESTEROL**: < 200
- **LDL-C**: < 130
- **HDL-C**: > 50- 60
- **TG**: < 150

**NOTE**: Patients with other medical conditions may have stricter lab value goals. Discuss with your doctor what the target cholesterol lab values are for you.

**TOTAL CHOLESTEROL**

Total cholesterol is the total amount of cholesterol components in your body. This includes low-density lipoproteins (LDL), high-density lipoproteins (HDL) and triglycerides (TG). A healthy total cholesterol value is less than 200.

**LDL-C**

Low-density lipoproteins (LDL) are the amount of "bad" cholesterol in your body. LDL can build-up in your blood vessel walls and can lead to heart disease. It is ideal to have your LDL less than 130 to lower your risk of heart disease or stroke.

**HDL-C**

High-density lipoproteins (HDL) are the amount of "good" cholesterol in your body. Higher HDL levels can protect you from having heart disease by lowering the amount of LDL in your body. A HDL greater than 50 can lower your risk of heart disease.

**TG**

Triglycerides (TG) can cause heart disease, just like LDL. Keeping your TG less than 150 will protect you from getting heart disease.