

# CHOLESTEROL LEVELS

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## IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein

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### Introduction

Cholesterol levels can be easily self-measured using freely available self-testing kits (picture right). These kits are available online, in some chemists, and in good health stores.

Simply follow the instructions supplied with the kit, and within a few minutes you will have your test result.

Cholesterol Levels are typically measured in \*mg/dL (milligrams (mg) per decilitre (dL)), and are broadly interpreted as follows:

\*(mg/dL - A measure of concentration (mass per unit volume) using milligrams per decilitre)



### Interpreting Cholesterol Levels

For information regarding the "cholesterol controversy", see the Appendix - "*The Benefits of High Cholesterol*".

The following interpretations are typical of the allopathic medical profession.

#### Less than 200 mg/dL Total - Desirable

If the LDL, HDL and triglyceride levels are at desirable levels, and there are no other risk factors for heart disease, total blood cholesterol below 200 mg/dL puts the individual at a relatively low risk of coronary heart disease.

### **200-239 mg/dL - Borderline-High Risk**

If the total cholesterol falls between 200 and 239 mg/dL, it is advisable that the individual LDL, HDL, and triglyceride levels be evaluated.

### **240 mg/dL and over - High Risk**

Individuals who have a total cholesterol level of 240 mg/dL or more typically have twice the risk of coronary heart disease as people whose cholesterol level is desirable (<200 mg/dL).

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### **HDL Cholesterol Levels (Good Cholesterol)**

With HDL (good) cholesterol, higher levels are better:

Low HDL cholesterol (less than 40 mg/dL for men, less than 50 mg/dL for women) puts you at higher risk for heart disease.

In the average adult male, HDL cholesterol levels range from 40 to 50 mg/dL.

In the average adult female, HDL cholesterol levels range from 50 to 60 mg/dL.

An HDL cholesterol of 60 mg/dL, or higher, gives some protection against heart disease.

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### **LDL Cholesterol Levels (Bad Cholesterol)**

Less than 100 mg/dL	Optimal
100 to 129 mg/dL	Near Optimal/ Above Optimal
130 to 159 mg/dL	Borderline High
160 to 189 mg/dL	High
190 mg/dL and above	Very High

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### **Triglyceride Levels**

Normal:	less than 150 mg/dL
Borderline-High:	150-199 mg/dL
High:	200-499 mg/dL
Very High:	500 mg/dL

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