

Your LDL Level			
Risk Category	Range	Previous	Current
High	160 or greater		
Borderline High	130 to 159		
Desirable	less than 130	126	126

Your Triglycerides Level			
Risk Category	Range	Previous	Current
High	200 or greater		
Borderline High	150 to 199		156
Desirable	less than 150	128	

- **Your total cholesterol is 102.** However, it is important to note that LDL cholesterol is a more accurate indication of heart disease risk. Congratulations, Mr. Sample. **Your LDL cholesterol is 126,** a reading in the **desirable** range. Your previous LDL cholesterol reading was also in the desirable range. According to the American Heart Association, you should continue to have your cholesterol checked at least every five years by a medical health professional.
- **Your HDL cholesterol is 37,** a level in the **increased risk** range. Your previous HDL cholesterol was also increased risk, which means that your HDL cholesterol has remained low since your previous reading. Because HDL is the "good" cholesterol, having low HDL is a risk factor for heart disease.
- **Your triglycerides are 156.** Your previous triglyceride level was desirable, which means that your triglyceride level has worsened significantly since your previous reading. High triglycerides may increase risk for heart attack and stroke. Being overweight, having diabetes, smoking cigarettes, being physically inactive, and high carbohydrate intake can contribute to elevated triglycerides.

In addition to having your cholesterol checked, we suggest that you maintain a heart-healthy lifestyle to defend yourself against heart disease. Consider the following recommendations:

- Eat foods low in saturated fat and cholesterol such as fruits, vegetables, whole grain breads and cereals, and low-fat dairy products.
- When eating out, avoid foods that are fried, basted, scalloped, or stuffed; instead, choose foods that are steamed, broiled, baked, grilled, or roasted.
- Achieve a healthy weight.

