

CHOLESTEROL

LEVELS

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CMG Archives

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IMPORTANT

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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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