CHECK CHANGE CONTROL it

YOUR HEART DEPENDS ON IT

TIP SHEET

HIGH CHOLESTEROL: IT TAKES FOUR NUMBERS TO DETERMINE YOUR RISK.

A blood test is all it takes to get the four numbers your doctor needs to determine if your cholesterol level is putting you at risk for cardiovascular disease.

The best time to have the test is after you fast (don't eat) for 8 to 12 hours before the test. This kind of test is called a lipid profile, and it measures:

- Total cholesterol (LDL cholesterol + HDL cholesterol)
- LDL (bad) cholesterol – the main source of cholesterol buildup and blockage in the arteries
- HDL (good) cholesterol – helps keep cholesterol from building up in the arteries
- Triglycerides – another form of fat in your blood that raises your risk of heart disease

After you have your test and get the results back, write your cholesterol and triglyceride numbers in the middle columns.

TOTAL CHOLESTEROL LEVEL	MY TOTAL CHOLESTEROL LEVEL	CATEGORY
Less than 200 mg/Dl		Desirable
200-239 mg/dL		Borderline High
240 mg/dL and above		High

LDL (BAD) CHOLESTEROL LEVEL	MY LDL (BAD) CHOLESTEROL NUMBER	CATEGORY
Less than 100 mg/dL		Optimal
100-129 mg/dL		Near Optimal
130-159 mg/dL		Borderline High
160-189 mg/dL		High
190 mg/dL and above		Very High

HDL (GOOD) CHOLESTEROL LEVEL	MY (GOOD) CHOLESTEROL NUMBER	CATEGORY
60 mg/dL or more		Desirable
Less than 40 mg/dL		Low (increased risk)

TRIGLYCERIDE LEVEL	MY TRIGLYCERIDE NUMBER	CATEGORY
Less than 150 mg/dL		Normal
150-199 mg/dL		Borderline High

If your doctor says you need to lower your cholesterol and/or triglyceride level, ask him or her to make specific recommendations for you on how you can do it. Talk about diet and exercise, and whether you would benefit from medication. Tell your loved ones your goals and keep them up-to-date on your progress.

This program was created by the Ohio Department of Health, in collaboration with Ohio physicians.
OHIO DEPARTMENT OF HEALTH 246 N. High St., Columbus, Ohio 43215