VLDL-CHOLESTEROL

VLDL-cholesterol is short for "very-low-density lipoproteins" and is the group of cholesterol fats that is being converted from triglycerides to LDL-cholesterol.

Low VLDL-cholesterol levels can indicate a low fat diet or a heredity condition.

High VLDL-cholesterol levels usually result from a high fat diet. High VLDL-cholesterol levels can lead to fat deposits or blockage in the blood vessels of the body, especially the small arteries of the brain, heart and kidneys.

ESTIMATED CORONARY HEART DISEASE (CHD) RISK

Estimated Coronary Heart Disease (CHD) risk is a value calculated from age, gender, total cholesterol, and high-density lipoprotein (HDL).

This value estimates a person's risk of having a heart attack compared with the general population of the same age and gender.

The equation does not consider high blood pressure, findings in the resting electrocardiogram, smoking history, diabetes, body weight, or family history of premature CHD.

Normal estimated CHD Risk range is from 0 to 1.0. Low values have no clinical significance. Values higher than 1.0 indicate an increased risk for CHD.

Get all our other brochures, too!

001 – Occupational Medicine Program Overview

002 – Understanding Your Blood Chemistry

003 – Your Complete Blood Count & Differential

005 – Understanding Your Urinalysis Results

006 – Reporting Your Medications

007 – Diabetic Control

008 – High Blood Pressure (Hypertension)

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PANTEX OCCUPATIONAL MEDICINE

Healthcare Assessment, Wellness Programs & Case Management

Cholesterol & Triglycerides

Laboratory values are evaluated as a part of a person's complete health status. Age, gender, pregnancy, genetics, chronic medical conditions, prescription medications, over-the-counter medications, diet, or herbs may affect the normal range of any test and "normal" for any individual may differ from the listed values. Disease or another problem may be present even when the laboratory tests are normal. **Each person should discuss their laboratory findings with their own healthcare provider.**

"Lipids" are fats in the blood and part of your Blood Chemistry Report.

TRIGLYCERIDES

The smallest of a family of fat globules, "triglyceride" is an essential compound that the body uses to make larger fat molecules like cholesterol and some hormones.

Low triglyceride levels can indicate a diet low in dietary fat or an over-active thyroid gland (hyperthyroidism).

High triglyceride levels may indicate a high dietary fat intake, an under-active thyroid gland (hypothyroidism), or the presence of one or more liver toxins such as alcohol. High triglyceride levels can lead to fat deposits or blockage in the blood vessels of the body, especially in the small arteries of the brain, heart and kidneys. Extremely high values may be genetically inherited but should always be treated. Each person should discuss their laboratory findings with their own healthcare provider.

CHOLESTEROL (TOTAL)

A person's total cholesterol is the total of all small (see **VLDL**), medium (see **LDL**) and large (see **HDL**) fat globules in a family of essential fat globules that the body uses to make some hormones.

Low cholesterol levels can indicate a low dietary fat intake. High levels may indicate high dietary fat intake or a heredity tendency to manufacture excess cholesterols.

High cholesterol levels can lead to fat deposits or blockage in the blood vessels of the body, especially in the small arteries of the brain, heart and kidneys.

HDL-CHOLESTEROL

HDL-cholesterol is short for high-density lipoproteins. HDL is the "good" cholesterol that is being prepared for elimination from the body through the gall bladder and into the small intestine. HDL-cholesterol cannot be reabsorbed, and is eliminated in the stool.

Low HDL-cholesterol levels can indicate lack of exercise or a heredity condition.

High levels may indicate a high level of exercise. High levels of HDL- cholesterol can be seen normally in pre-menopausal women and women on hormone replacement therapy (estrogen).

LDL-CHOLESTEROL

LDL-cholesterol is short for low-density lipoproteins. LDL-cholesterol ("bad" cholesterol) is a group medium sized fat globules in a family of fat globules being manufactured as an intermediate product in the production of some hormones.

Low LDL-cholesterol levels can indicate a low fat diet or a heredity condition. High LDL-cholesterol levels can lead to fat deposits or blockage in the blood vessels of the body. Of particular concern are the small arteries of the brain, heart and kidneys.

High LDL levels are a very important indicator of the need for cholesterol treatment by your doctor. The treatment decision is based on how many heart risk factors you have, such as smoking, high cholesterol, family history, or high blood pressure. Each person should discuss their laboratory findings with their own healthcare provider.

Your Cardiac Risk Factors	***See your doctor at or before LDL gets to:***
Cardiovascular disease present	100
2+ risk factors	130
0-1 risk factor	160

Maintaining a low total LDL-cholesterol and a high HDL-cholesterol can actually remove fat deposits from the arteries of the heart and brain and may prevent heart attacks and strokes.
This is a good state to be in!

CHOL/HDL RATIO

Your "total cholesterol-high density lipoprotein ratio" is abbreviated CHOL/HDL Ratio. This is a calculated value derived by dividing the value for CHOLESTEROL by the number for HDL-CHOLESTEROL. This number compares the "good" cholesterol with the total cholesterol.

Low CHOL/HDL ratio levels can indicate a high level of physical activity or a heredity condition. The lower the number (below 4.0) the more cholesterol is being removed from the arteries.

A high CHOL/HDL ratio (above 5.0) indicates that fat deposits are being deposited in the body's small blood vessels of the body, especially the small arteries of the brain, heart and kidneys.

Maintaining a low CHOL/HDL ratio indicates that fat deposits are being removed from the arteries and may reduce the risk of heart attacks.