



Medical Self-Assessment

Cholesterol Risk Table

TC (total blood cholesterol)

Good	< 200 mg/dL
Borderline	200-239 mg/dL
High	≥ 240 md/dL

HDL (high density lipoprotein = Good)

Ideal	≥ 60 mg/dL
Risk	< 40 mg/dL (men)
Risk	< 50 mg/dL (women)

LDL (low density lipoprotein = Bad)

Ideal	< 100 mg/dL
Good	100-129 mg/dL
Borderline	130-159 mg/dL
High	160-189 mg/dL
Extreme	≥ 190 mg/dL

Triglycerides (common type of fat in body)

Ideal	< 100 mg/dL
Good	100-150 mg/dL
Borderline	150-199 mg/dL
High	200-499 mg/dL
Extreme	≥ 500 mg/dL

TC/HDL Ratio*

Ideal	< 3.5 to 1
Average	3.5-4.5 to 1
High	≥ 4.5 to 1

mg/dL = milligrams per deciliter

*To calculate TC/HDL Ratio, divide HDL into TC (example: 200 mg/dL TC ÷ 50 mg/dL HDL provides a 4 to 1 ratio)

Sources:

http://www.heart.org/HEARTORG/Conditions/Cholesterol/AboutCholesterol/What-Your-Cholesterol-Levels-Mean_UCM_305562_Article.jsp#.WK3UxW8rJpg

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