

### 3.2.5

## Lipid Profile Values

The following appendix offers information regarding desirable and undesirable lipid profile values.



**Cholesterol Lipid Panel Results:** Image Permission Acquired by email through Nate Wise BYU-Idaho Dec 2013

Total Cholesterol (TC)	Category
Less than 200	Desirable
200-239	Mildly High
240 and above	High

<b>HDL</b>	<b>HDL- Category</b>
60 and above	High; Optimal; associated with lower risk
Less than 40 in men and less than 50 in women	Low; considered a risk factor for heart disease

<b>Triglycerides</b>	<b>Triglyceride Category</b>
Less than 150	Normal
150-199	Mildly High
200-499	High
500 or higher	Very High

<b>LDL</b>	<b>LDL Category</b>
Less than 100	Optimal
100-129	Slightly Above Optimal
130-159	Borderline High
160-189	High
190 and above	Very High

<b>Non-HDL</b>	<b>Non-HDL Category</b>
<p>Non-HDL is a reading that includes the cholesterol content of all the lipoproteins that are not part of the HDL classification. LDLs are the most common lipoprotein to examine for heart disease risk, but there are other lipoproteins that can contribute to atherosclerosis. These are sometimes called Very <i>Low-Density Lipoproteins</i> (VLDL) and <i>Intermediate Density Lipoprotein</i> (IDL). The general category of all Non-HDL lipoproteins can be combined with the readings from the LDL category to validate concerns for heart risk profiles.</p>	

Less than 130	Optimal
129-159	Slightly above Optimal
160-190	High
Above 190	Very High

#### **TC/ HDL**

#### **Category**

Total Cholesterol to HDL ratio (TC /HDL) is a number that reflects how many HDL lipoproteins we have relative to our total cholesterol. A person with a lower HDL value may see that his/her total cholesterol is also low. In this case, a person with a lower HDL value may have a TC/HDL ratio that is fine. This value taken with the other values in the lipid profile help a health care professional get a better idea of the actual heart disease risk.

Below 3.5	Optimal
3.6 to 5.0	Borderline High to High
Above 5.0	High to Very High

#### **12-hour Fasting Glucose (Glu)**

#### **Category**

82 - 110	Optimal
111- 125	Borderline High to High
Above 126	High to Diabetic



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