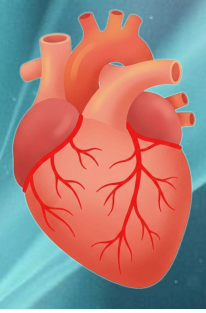
FOR YOUR FRIDGE

# Reading your *cholesterol report*

Standard ranges describe categories, not your personal goal. Your goal depends on your risk.



| TEST | WHAT IT IS | STANDARD RANGES (MG/DL) |
|---|---|---|
| **LDL** | Cholesterol in LDL particles, the main driver of plaque | under 100 optimal · 100 to 129 near optimal · 130 to 159 borderline high · 160 to 189 high · 190+ very high |
| **Non-HDL** | Total minus HDL: every particle that can build plaque | under 130 optimal · 130 to 159 near optimal · 160 to 189 borderline high · 190 to 219 high · 220+ very high |
| **HDL** | A marker of risk; raising it with medicine hasn't prevented heart attacks | low under 40 (men) or under 50 (women) · 60+ traditionally protective |
| **Triglycerides** | Fat in the blood; moves most with food, alcohol and weight | under 150 normal · 150 to 199 borderline · 200 to 499 high · 500+ very high |
| **Total cholesterol** | A rough sum; LDL and non-HDL guide treatment | under 200 desirable · 200 to 239 borderline · 240+ high |

## Two tests a standard panel leaves out

**ApoB**
Counts the plaque-forming particles directly.

**Lp(a)**
Inherited; measure at least once as an adult.

Triglycerides of 500 or higher carry a risk of pancreatitis: contact your clinician soon.



Categories from the NCEP ATP III report (Circulation 2002), as used in our guides; Lp(a) and ApoB from the 2026 ACC/AHA guideline. Precision cardiovascular prevention. Educational only, not medical advice; your clinician sets your plan.