

## My Numbers—Ask About Each One

Keep track of your lipid numbers in the chart below. Compare your numbers to the chart on the left. Ask your doctor what your goal numbers should be.

Total Cholesterol	What It Means
Less than 200	Good
200-239	Somewhat high
240 and above	High

LDL Cholesterol	What It Means
Less than 100	Very good
100-129	Good
130-159	Somewhat high
160-189	High
190 and above	Very high

HDL Cholesterol	What It Means
60 and above	May protect against heart disease
Less than 40	Major risk factor for heart disease

Triglycerides	What It Means
Less than 150	Normal
150-199	Somewhat high
200-499	High
500 and above	Very high

\*From the National Heart, Lung, and Blood Institute.

	Date	Result	Goal
Total Cholesterol			
LDL Cholesterol			
HDL Cholesterol			
Triglycerides			

- **Total cholesterol** is the amount of all cholesterol in your blood. The higher the number, the greater your risk for heart disease. Your doctor may want you to lower this number.
- **LDL cholesterol** is the "bad cholesterol" that sticks to your blood vessels and blocks blood flow. Your doctor may want you to lower this number.
- **HDL cholesterol** is the "good cholesterol" that prevents cholesterol from sticking to your blood vessels. Your doctor may want you to raise this number.
- **Triglycerides** is a type of fat that is carried through the blood. High levels may be a sign of heart disease. Your doctor may want you to lower this number.

