



HEART HEALTH

Understanding a Lipid Profile

Lipid profile or lipid panel is a blood test that will give you results for your HDL (good) cholesterol, LDL (bad) cholesterol, triglycerides and total blood (or serum) cholesterol.

Total Cholesterol

Calculated by adding your HDL and LDL cholesterol levels, plus 20% of your triglyceride level.

Two Kinds of Cholesterol

LDL *Bad*

A diet high in saturated and trans fat is unhealthy because it tends to raise LDL cholesterol levels.

HDL *Good*

A healthy HDL-cholesterol level may protect against heart attack and stroke.

Triglycerides

Triglycerides are the most common type of fat in your body. They come from food, and your body also makes them.

