How to Read a Lipid Panel

What is a "lipid panel"?

A "lipid panel" is a measure of the fat in your blood. It is helpful for you to become familiar with the information provided in this report so that, with the help of your healthcare clinician, you can 1) understand your risk of developing premature cardiovascular diseases and 2) agree on the level of blood fats you and your healthcare clinician are trying to achieve in order to stay healthy.

How often should I have blood work done to measure my lipids?

It is recommended that adults over the age of 20 years old measure their lipids at least once every five years. Your healthcare provider may recommend more frequent tests if you are at increased risk for heart disease, stroke, or other complications.

03/01/2020 14:29 Fax

YOUR LABORATORY	PATIENT INFORMATION	**Report Status Order Completed**
Account # 68164412	**Farrah Zaidi**	*Ordering Physician* John Smith, MD
Collected: 2/23/20 8:16	DOB: January 2, 1970	
Received: 2/23/20 8:16	Age: 50 years Gender: F	*Office Information*
Reported: 2/24/20 2:38	Phone: 904-867-5309	218 Office Lane Jacksonville, FL 32205

COMMENTS:

Test Name	In Range	Out of Range		Reference Range	Lab
LIPID PANEL					
CHOLESTEROL, TOTAL		393	H	<199 mg/dL	KS
HDL CHOLESTEROL	48			>40 mg/dL	KS
TRIGLYCERIDES	100			<149 mg/dL	KS
CHOL/HDLC RATIO		8.0	H	<4.9	KS
LDL-CHOLESTEROL		325	H	<99 mg/dL	KS

LDL-C is now calculated using the Martin-Hopkins calculation, which is a validated novel method providing better accuracy than the Freidewald equation in the estimation of LDL-C.
Martin 88 et al. JAMA. 2013;310(19): 2061-2068
http://education.QuestDiagnostics.cornjfaq/FAQI64

Test Name	In Range	Out of Range		Reference Range	Lab
NON HDL-CHOLESTEROL		345	H	<129 mg/dL	KS

See reverse side for details

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Test Name	In Range	Out of Range		Reference Range	Lab
LIPID PANEL					
① CHOLESTEROL, TOTAL		393	H	<199 mg/dL	KS
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⑤ LDL-CHOLESTEROL		325	H	<99 mg/dL	KS
⑥ NON HDL-CHOLESTEROL		345	H	<129 mg/dL	KS

Reference Range

Suggested or ideal levels (based on the averages found in the US population).

1 Total cholesterol

This is a measure of your HDL + LDL cholesterol. A high total cholesterol level can increase your risk of cardiovascular diseases. Decisions about when to treat high cholesterol are usually based upon the level of the LDL-C or HDL-C rather than the total cholesterol level. The cholesterol level can be measured any time of day, as it is not necessary to avoid eating before your blood test.

2 High-Density Lipoprotein Cholesterol (HDL-C)

HDL-C helps the body get rid of excess cholesterol that may otherwise collect in blood vessels. High levels of HDL-C are usually associated with a lower risk of cardiovascular heart disease. Normal or high levels of HLD-C, however, may be less effective in lowering risk if the LDL-C or non-HDL-C are elevated, especially in those who are "high-risk or very high-risk". Your HDL-C level will be lower if you smoke, have an extremely low-fat diet, or have high level of triglycerides.

3 Triglycerides (TGs)

A type of fat found in the blood that provides fuel to help with daily activities. Much of the triglycerides in our bloodstream come from what we eat, although the body also makes triglycerides, especially when we are asleep. When we eat, our body takes the triglycerides it doesn't immediately need and stores them in fat cells to be used later as fuel. While triglycerides are important for your body's normal function, high levels of triglycerides can cause health problems. Triglyceride levels > 150 mg/dL are considered "high" and are also associated with an increased risk of heart disease. Because your triglyceride level can be affected by eating, it is best measured after fasting for at least 9 hours. Individuals with high triglyceride levels may benefit from treatment with medication. Diets high in saturated fats and carbohydrates, as well as alcohol and some medications can increase triglyceride levels. Very high levels of triglycerides (≥ 500 mg/dL) can irritate the pancreas (causing pancreatitis) and cause other health problems.

4 Cholesterol/HDL-C Ratio

This value is found by dividing your Total Cholesterol by your HDL-C. Although this ratio is shown on many lipid panels, its usefulness is unknown. Use of the Cholesterol/HDL-C ratio in evaluating health risks is not recommended and it should not influence your healthcare decisions.

5 Low-Density Lipoprotein Cholesterol (LDL-C)

High levels can lead to build up of blockages in blood vessels. Your healthcare clinician will look at your risk factors for heart attack and stroke, such as previous stroke or heart attack, diabetes, smoking, age, blood pressure, and family history to decide whether you would benefit from medication to lower your LDL-cholesterol level.

6 Non-HDL Cholesterol

This is determined by subtracting the HDL-C from the total cholesterol.

GLOSSARY

> Greater than

< Less than

≥ Greater than or equal to

≤ Less than or equal to

mg/dL – Milligrams per deciliter

FOUNDATION
of the National Lipid Association