

Name _____

Test Date _____

Weight _____

Blood Pressure _____

Understanding Your Results

A lipid profile is a detailed measure of the fats in your blood. It consists of measuring your total cholesterol, HDL and LDL cholesterol, and triglycerides. These measurements are important factors in determining your risk of developing cardiovascular disease. You may also be tested for glucose (blood sugar) and alanine aminotransferase (ALT) levels (liver function).

Total Cholesterol

Cholesterol is one of several chemicals that form your lipid profile. Total cholesterol is made up of both "good" and "bad" cholesterol, and is a measure of the total amount of cholesterol in your blood at a given time.

Triglycerides

Triglycerides are composed of fatty acids and glycerol. Like cholesterol, they circulate in your blood but are stored in body fat and used when the body needs extra energy. Your triglyceride level can be significantly affected by how recently you've eaten.

TRACKING CARD

Total Cholesterol _____	Less than 200 mg/dl
LDL Cholesterol _____	Less than 130 mg/dl
HDL Cholesterol _____	More than 40 mg/dl
TC/HDL Ratio _____	4.5 or less
Triglycerides _____	Less than 150 mg/dl
Glucose _____	Less than 110 mg/dl
ALT _____	10 – 40 U/L

Test Results

Desirable

HDL and LDL Cholesterol

The "good" cholesterol is called high density lipoprotein (HDL) cholesterol. It removes excess cholesterol from your arteries and moves it to the liver where it can be eliminated from the body.

The "bad" cholesterol is called low density lipoprotein (LDL) cholesterol. It contributes to the buildup of fat deposits in your arteries, which can cause decreased blood flow and heart attack.

Other Important Tests

Glucose is a measure of the sugar level in your blood. High glucose levels are often an indication of diabetes.

Alanine Aminotransferase (ALT) is an enzyme is measured to determine the function of your liver. It is particularly important to monitor your ALT if you are on certain drugs to lower cholesterol or control diabetes.

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