

Why is Cholesterol/Lipid Protein Testing Necessary?

What is a Cholesterol/Lipid Protein Test?

Cholesterol buildup in the arteries (atherosclerotic plaque) to the heart and brain are the major cause of death, heart attack and stroke in Texas.

To determine whether a patient has high cholesterol, a comprehensive assessment of cholesterol levels and the types of cholesterol particles (lipoproteins) that constitute an individual's metabolic makeup is necessary to prevent further plaque buildup.

Adults over the age of 20 should be tested for cholesterol and HDL levels every five years. People whose total cholesterol is high, HDL is low, or who have a medical history that includes risk factors for heart disease may need to be tested more frequently with a complete lipoprotein profile. This includes total cholesterol, triglycerides, HDL, and calculated LDL

Blood is drawn and sent to a lab to determine a patient's lipoprotein profile which also includes measurements of triglyceride levels (a chemical compound that forms 95% of the fats and oils stored in animal or vegetable cells) and lipoproteins (high density and low density).

There are two numbers to remember: HDL (high density lipoproteins) are good. They remove plaque. A reading of above 40 is preferred.

LDL (low density lipoproteins) are bad. They form plaque inside the arteries. A desired result would be less than 130 or under 100 for people with coronary disease and under 70 for diabetics.

Test results are grouped into three categories of risk: **Desirable**: A total cholesterol reading of less than 200 is considered desirable and reflects a low risk of heart disease. **Borderline high**: A total cholesterol of 200 to 240 is considered to reflect moderate risk. **High Risk**: A total cholesterol above 240 is considered high risk.

Special Instructions Before Your Procedure

Nothing to eat or drink (except water) starting midnight the night before your bloodwork.

Your appointment has been scheduled for

_____ at _____.

