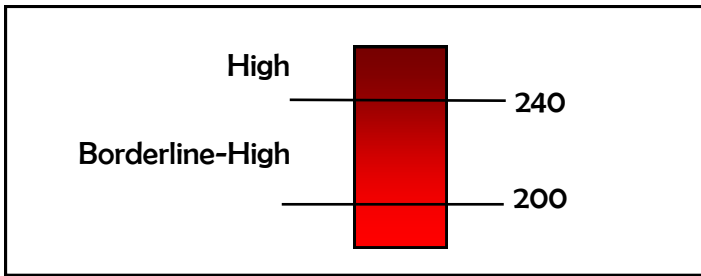


Understanding Your Cholesterol Results

What do your numbers mean?

TOTAL CHOLESTEROL



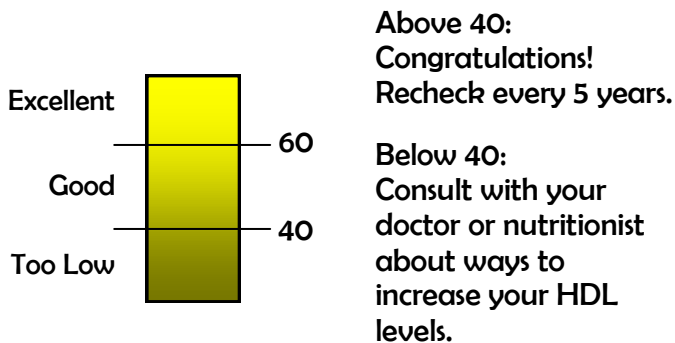
Less than 200:
Congratulations! Recheck every 5 years.

200-239*: Consult your doctor, additional tests may be needed.

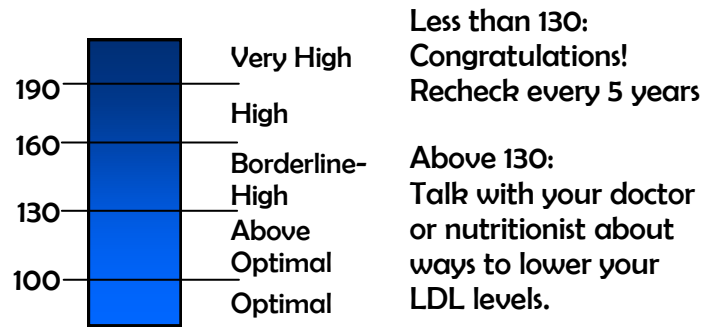
240 or More: See your doctor within 2 months for evaluation and analysis.

*Males with one and females with two medical risk factors (listed below) should follow recommendations for cholesterol of 240 or more.

HDL Cholesterol ("Good Cholesterol")



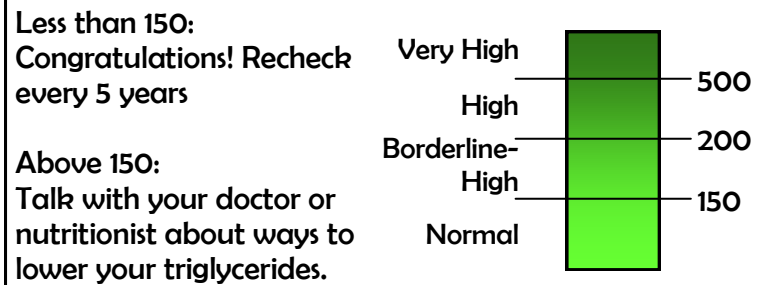
LDL Cholesterol ("Bad Cholesterol")



Factors that increase one's risk for heart disease:

- Smoking
- Being overweight
- High blood pressure
- Lack of physical activity
- Diabetes
- Family history of heart disease
- High levels of stress

Triglycerides



Although we cannot control or change our family history, we can reduce the risk of heart disease by changing certain lifestyle behaviors. Beginning at age 20, everyone should have a lipid profile obtained every 5 years.

For more information on cholesterol, your results, and your risk for heart disease, please refer to these resources (click on the hyperlink):

- [Short video](#) with the UHC dietitian explaining your cholesterol results
- [American Heart Association](#) website
- [MyPlate guidelines](#) for healthy eating
- [Calculate your 10-year risk](#) of having a heart attack



To make an appointment with the UHC dietitian,
please call 706-542-8690
uhs.uga.edu/nutrition

