

# Know Your Cholesterol Numbers

Use this guide to keep track of your cholesterol and triglycerides levels. Working with your physician, use the cholesterol guidelines below as a guide to determine your optimal cholesterol goals.

	My Goal	1 <sup>st</sup> Visit	2 <sup>nd</sup> Visit	3 <sup>rd</sup> Visit
Total Cholesterol				
LDL (bad) Cholesterol				
HDL (good) Cholesterol				
Triglycerides				

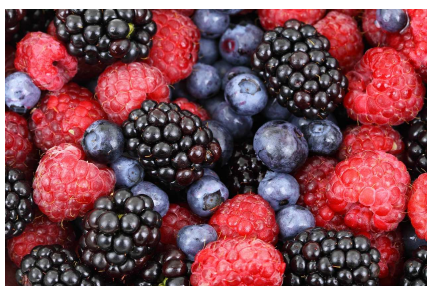
## Total Cholesterol

- Below 200 mg/dL: Desirable (lower risk)
- 200-239 mg/dL: Borderline high (higher risk)
- 240 mg/dL and above: High blood cholesterol (twice the risk as desirable level)



## HDL (Good) Cholesterol

- Less than 40 mg/dL (men): Poor (higher risk)
- Less than 50 mg/dL (women): Poor (higher risk)
- 40-49 mg/dL (men): Better
- 50-59 mg/dL (women): Better
- 60 mg/dL and above: Best (lower risk)



## LDL (Bad) Cholesterol

- Less than 70 mg/dL: Optimal if at very high risk for a heart attack
- Less than 100 mg/dL: Optimal for people with heart disease or diabetes
- 100-129 mg/dL: Near or above optimal
- 130-159 mg/dL: Borderline high
- 160-189 mg/dL: High
- 190 mg/dL and above: Very High

## Triglycerides

- Below 150 mg/dL: Desirable
- 150-199 mg/dL: Borderline High
- 200-499mg/dL: High
- 500 mg/dL and above: Very High