

Title:

Cholesterol: Information On Cholesterol Levels.

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484

Summary:

Total cholesterol level can be determined through a simple blood test, and in fact, an at-home

240 mg/dL and over ~ People with cholesterol levels over 240mg/dL are at increased risk for he

Keywords:

cholesterol, cholesterol levels, lower cholesterol

Article Body:

Total cholesterol level can be determined through a simple blood test, and in fact, an at-home

240 mg/dL and over ~ People with cholesterol levels over 240mg/dL are at increased risk for he

200~239 mg/dL ~ Consult your doctor. Your doctor will be best equipped to interpret the result

Less than 200 mg/dL ~ This is where your cholesterol level should be. Even so, to ensure that

Although these levels are important guidelines, they do not give the whole picture ~ they are

LDL Levels

Less than 130 is optimal;

130-159 is borderline, increasing your risk for heart disease;

160 or greater puts you at greater risk for heart disease.

HDL Levels

Less than 40 increases your risk for heart disease;

60 or greater decreases your risk.

Traditional cholesterol testing is a good indicator for assessing heart disease and stroke ris

Fortunately, there is another test available, rather than the traditional cholesterol testing,

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