

Cholesterol Beyond 'Good' and 'Bad'™

Your lipid panel tells a fuller story when the numbers are considered together.



Cholesterol is essential to the body. Because it cannot travel through blood on its own, it is carried inside particles. The type and number of those particles help shape cardiovascular risk.

1

LDL-C



Estimates the cholesterol carried inside LDL particles. Higher levels may increase risk, but the most appropriate goal depends on your overall health picture.

My result: _____ mg/dL

2

HDL-C



Measures cholesterol carried in HDL particles. A higher result does not automatically cancel out other risk factors, so HDL-C is considered within the full pattern.

My result: _____ mg/dL

3

Triglycerides



A form of stored fat that circulates in the blood. Levels may be influenced by food, alcohol, blood sugar, genetics and other health factors.

My result: _____ mg/dL

4

Non-HDL Cholesterol



Represents cholesterol carried by LDL and other particles that may contribute to plaque. It is calculated by subtracting HDL-C from total cholesterol.

My result: _____ mg/dL

5

ApoB



Estimates the number of particles that can contribute to plaque. It may add useful context when standard cholesterol results do not tell the whole story.

My result, if tested: _____ mg/dL

6

Lipoprotein(a)



Lp(a) is largely inherited and may raise cardiovascular risk independently of LDL-C. It usually does not need frequent repeat testing.

My result, if tested: _____



Look at the Pattern

Total Cholesterol = LDL-C + HDL-C + other cholesterol-containing particles

The total alone cannot show how cholesterol is distributed or how your other risk factors change its meaning.

Questions Worth Asking

- ☐ Which marker matters most in my situation?
- ☐ Does my family history change how we interpret these results?
- ☐ Would ApoB or Lp(a) add useful information for me?
- ☐ When should my lipid panel be repeated?

Gentle Reminder

Cholesterol is one part of heart risk. Blood pressure, blood sugar, smoking, family history, age and other factors also matter.

Martine's Midlife Wellness Tip

Compare results over time using the same units. A trend can be easier to understand than a single report viewed on its own.