



QUICK RESULTS

What is Cholesterol?

Cholesterol is one of the two fats, which circulate in our bloodstream. Although our bodies make some cholesterol, another source is our diet.

Too much cholesterol in the bloodstream can result in a build up of fatty deposits on the walls of the blood vessels. Measuring the amounts of cholesterol in the bloodstream gives some indication of the risk of developing narrowing of the arteries from a build up these fatty deposits.

High density lipoproteins (HDL's) remove unwanted fats and cholesterol from the tissues to the liver for removal.

Low density lipoproteins (LDL's) carry circulating blood fats from the liver to the bloodstream and are therefore a significant indicator of coronary artery disease risk.

Triglycerides are another type of fatty substance in the blood. They are found in foods such as dairy products, meat and cooking oils. They can also be produced in the body, either by the body's fat stores or in the liver

HDL/ TC Ratio

Your TC:HDL ratio is calculated by dividing your total cholesterol by your **HDL** cholesterol. Your ratio of **HDL** to total cholesterol should be 4mmol/l or under . This reflects the fact that for any given total cholesterol level, the more **HDL** (Good Cholesterol), the better. A higher ratio indicates a higher risk of heart disease; a lower ratio indicates a lower risk.

What is Glucose?

Blood sugar, or glucose, is a measure of how much sugar is being carried in the bloodstream. Too much glucose in the blood is caused by a deficiency in the hormone insulin and may result in a condition known as diabetes.

Total Cholesterol Result:

Ideal: Under 4

Desirable: 4 - 4.9

Increased Risk: 5 - 6

Undesirable above: 6

TC

HDL Result:

Undesirable: under 1 Men , under 1.2 Women

Desirable: 1 or over Men, 1.2 or over Women

HDL

TC/HDL Ratio:

Good: 4.5 - 4

Ideal: Under 4

R

LDL Result:

Undesirable: Over 3

Desirable: 3 or under

LDL

Triglycerides Result:

Undesirable: 1.7 or over

Desirable: Under 1.7

TRI

Glucose Result:

Undesirable: under 4

Desirable : 4 - 7.9

Increased Risk: 8 - 10.9

Undesirable: 11 or over

GU