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## World Heart Day

### Screening Adults for Lipid Disorders

#### *What are Lipid Disorders?*

Abnormal levels of cholesterol in the blood that put us at risk for heart disease. Cholesterol is carried through the blood bound to two types of lipoproteins.

LDL (Low Density Lipoprotein) carries most of the cholesterol in the blood. High LDL can cause cholesterol to deposit in the blood vessels, clogging the arteries.

HDL (High Density Lipoprotein) helps remove cholesterol from the blood and helps prevent cholesterol from building up.

The risk of heart disease increases as the levels of LDL increase and as levels of HDL decrease.

#### *Who should be screened for Lipid Disorders?*

- All men aged 35 and older and all women aged 45 and older
  
- Younger adults (men aged 20-35 and women aged 20-45) should be screened if they have other risk factors for heart disease which include
  1. Tobacco use
  2. Diabetes
  3. Family history of heart disease or high cholesterol
  4. High blood pressure
  
- Measure HDL in addition to total cholesterol and LDL

#### *Why screen for Lipid Disorders?*

Heart Disease may be the first sign of abnormal cholesterol levels. Screening can detect cholesterol abnormalities and lead to treatment before heart disease develops or worsens.

#### *Does treatment work?*

Patients who took cholesterol lowering drugs for 5-7 years and had high cholesterol or low HDL decreased their risk of heart disease by about 30 percent

### *The Take Home Message*

Get screened for lipid disorders today!

Change your lifestyle to improve your lipid levels

1. reduce dietary saturated fat
2. exercise regularly
3. loose weight

### *What Do Your Cholesterol Numbers Mean?*

A Lipid Profile is done after a 9- to 12-hour fast and gives information about your:

- Total cholesterol
- LDL (bad) cholesterol – the main source of cholesterol buildup and blockage in the arteries
- HDL (good) cholesterol – helps keep cholesterol from building up in the arteries
- Triglycerides – another form of fat in your blood

If it is not possible to get a lipoprotein profile done, knowing your total cholesterol and HDL cholesterol can give you a general idea about your cholesterol levels. If your total cholesterol is 200 mg/dL\* or more or if your HDL is less than 40 mg/dL, you will need to have a lipoprotein profile done.

*See how your cholesterol numbers compare to the tables below.*

(According to the ATP III Cholesterol Guidelines NHLBI)



#### **Total Cholesterol Level**

Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline high
240 mg/dL and above	High

#### **HDL Cholesterol**

<40 mg/dL	Low
>60 mg/dL	High

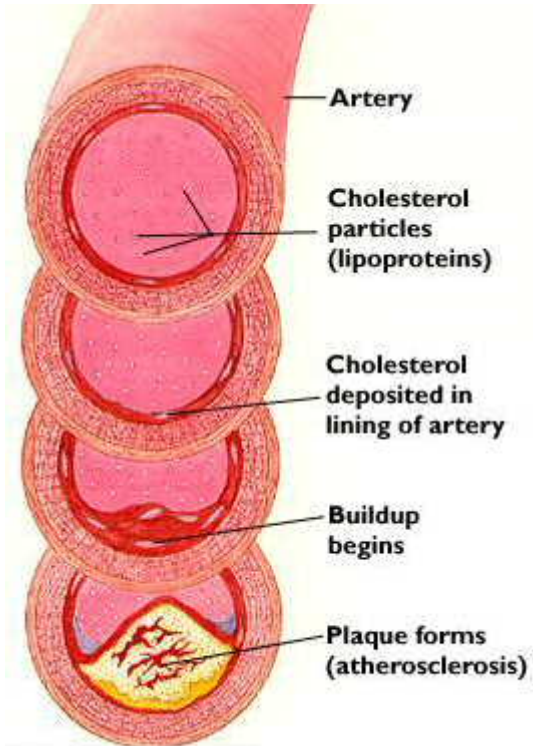
#### **LDL Cholesterol Level LDL**

Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high

#### **Triglycerdes**

<150 mg/dL	Normal
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150-199	mg/dL	Borderline high
200-499	mg/dL	High
≥500	mg/dL	Very high



HDL (good) cholesterol protects against heart disease, so for HDL, higher numbers are better. A level less than 40 mg/dL is low and is considered a major risk factor because it increases your risk for developing heart disease. HDL levels of 60 mg/dL or more help to lower your risk for heart disease.

Triglycerides can also raise heart disease risk. Levels that are borderline high (150-199 mg/dL) or high (200 mg/dL or more) may need treatment in some people.