



UNDERSTANDING YOUR CHOLESTEROL LEVELS

Cholesterol is a form of fat found in the blood and all cells of the body.

High cholesterol levels can cause cholesterol to be deposited within the walls of arteries, making it difficult for blood to flow through. This build-up in the arteries can increase the risk of heart disease and stroke.

Based on a range of risk factors like age, blood pressure, smoking, diabetes and other things, people at high risk for future heart attack or stroke have lower target ranges for LDL and triglyceride levels than people at low risk. Your physician can easily determine your exact level of future risk. We provide the following information below as an approximate guide to target levels, however, the ranges below may vary for certain individuals.

BREAKING DOWN THE RESULTS

