

What is a Normal Lipid profile?

Lipid Profile is considered to be normal when :

- Total Cholesterol is 200mg/dl (5.18 mMol/Liter)--Levels above 240mg/dl are considered high.
- LDL Cholesterol level is 100mg/ dl (2.59 mMol/liter)--Levels above 130mg/ dl are considered high and level higher than 160mg/dl considered very high.
- HDL cholesterol level is 40 mg/ dl or higher In males, and 50mg/dl or higher in females. Levels higher than 60mg/dl are considered excellent for heart health. An HDL cholesterol level of less than 25mg/dl increases the risk of developing heart blood vessel blockage.
- Triglyceride level is 150mg/dl (1.70 mMol/liter)--Levels higher than 200mg/dl are considered high. Levels over 400mg/dl are considered very high risk.