

What is Blood Lipid (Cholesterol) ProfileTest?

There are four lipid values checked in a standard blood Lipid profile:

1. **Total Cholesterol** - This value reflects all different kinds of cholesterol types present in the blood.
2. **LDL** - Cholesterol or Low-density lipoprotein Cholesterol – This type of cholesterol is considered bad cholesterol. It gets deposited in the walls of blood vessels, causing inflammation and blockage. The blood vessel blockage leads to heart attacks, stroke, and high blood pressure.
3. **HDL** - Cholesterol or high-density lipoprotein cholesterol –This type of Cholesterol removes bad cholesterol from the bloodstream and keeps the blood vessels disease-free.
4. **Triglycerides** - High triglyceride levels are unhealthy in a way similar to LDL-Cholesterol. The high level increases the risk of blood vessel disease and blockage. Additionally, triglycerides accumulate in different tissues of the body, causing obesity. Obese individuals may have very high levels of triglycerides in their blood lipid profile test.

Cholesterol levels in the blood are given the name by the size of the fat/lipid particle (High density or low density). Lower density cholesterol particle is unhealthy as it sticks to the blood vessels causing a blockage. Additionally, since a protein molecule is a carrier for fat/lipid molecule, the cholesterol is called lipoprotein. So HDL-Cholesterol means high-density (large particle size) lipoprotein cholesterol.