

How to calculate Heart Disease Risk from the Lipid Profile?

The standard Blood lipid profile gives the estimate of the risk of heart disease by a calculated number. The following formula is used to calculate the heart disease risk:

Total Cholesterol value / HDL- Cholesterol == This value should be less than 5.

For example, if the total cholesterol is within the normal range at 200mg/dl and HDL – Cholesterol also a normal number of 50 mg/dl; then this ratio would be 4, which is low risk for heart disease.

The other formula for calculation of the heart disease risk is:

Triglyceride level/ HDL- Cholesterol level == A ratio higher than four is considered high risk for heart disease.

The high Triglyceride/HDL-Cholesterol ratio also indicates that the patient has Insulin Resistance. Food and lifestyle diseases such as – Metabolic Syndrome, PCOS in females, and Type2 diabetes are all associated with Insulin Resistance.