

FIND THE CHOLESTEROL LEVEL THAT IS RIGHT FOR YOU

Use the following chart to get a better understanding of what your LDL, total cholesterol and triglyceride levels should be.

<i>If you have:</i>	<i>Your LDL ("bad") cholesterol should be:</i>	<i>Your total cholesterol should be:</i>	<i>Your triglyceride should be:</i>
Fewer than 2 risk factors and no heart disease	Under 160 mg/dL	Under 240 mg/dL	Under 200 mg/dL
2 or more risk factors with no heart disease	Under 130 mg/dL	Under 200 mg/dL	Under 200 mg/dL
Heart disease	100 mg/dL or less	160 mg/dL or less	150 mg/dL or less
Risk Factors	<ul style="list-style-type: none"> • Family history • Diabetes • Smoking 	<ul style="list-style-type: none"> • Low HDL (<35) • High blood pressure 	<ul style="list-style-type: none"> • Age (Men 45 years+, Women 55 years+)

	YOUR GOAL	DAY 1	SIX MONTHS	one Year	18 MONTHS	TWO YEARS
Total Cholesterol						
HDL (good cholesterol)						
LDL (bad cholesterol)						
TC/HDL Ratio						
Triglycerides						
Blood Pressure						
Weight						

DEFINITIONS

High cholesterol is excess levels of cholesterol in the blood. Cholesterol in blood consists of three main components:

Low Density Lipoproteins (LDL) – involved in depositing cholesterol and other fats throughout the body. High levels of LDL put you at risk for hardening arteries and heart disease.

High Density Lipoproteins (HDL) – involved in eliminating cholesterol and other fats from the body. High levels of HDL are protective against heart disease.

Triglycerides – a common form of fat in the body.



The University of Rochester
Medical Center's
commitment to help
Rochester become
America's healthiest
community by 2020

SMART HEART RESULTS TRACKER CARD

Anything's possible.
STRONG HEALTH
PRIMARY CARE