

# Do you know your blood lipids? You can have these measures taken at health services. It is part of Know Your Numbers.



## What are blood lipids?

- Lipids are fat-like substances found in your blood and body tissues.
- Your body needs small amounts of lipids to work normally.

## How are my blood lipids measured?

- A blood test called a complete lipid profile is done.
- It is recommended that this test be done after an overnight fast.

## What happens if my lipids are too high?

An excess amount of blood lipids can cause fat deposits in your artery walls, increasing your risk for heart disease.

## Are there different kinds of lipids?

Cholesterol is the main lipid. It is made up of different parts such as:

- LDL cholesterol, or “bad” cholesterol, is the main lipid that causes damaging buildup and blockage in your arteries.
- HDL cholesterol is actually a “good” type of cholesterol that helps to prevent cholesterol from building up in your arteries.
- Triglyceride is another lipid that may increase your risk for heart disease when it is elevated. It is circulating in your blood to cells that may need it for energy or it is stored in fat cells for later use.

National Cholesterol Education Program Cholesterol Guidelines			
	Desirable	Borderline High	High
Total Cholesterol	Less than 200	200 - 239	240 and higher
LDL Cholesterol (the "bad" cholesterol)	Less than 130	130 - 159	160 and higher
HDL Cholesterol (the "good" cholesterol)	50 and higher	40 - 49	Less than 40
Triglycerides	Less than 200	200 - 399	400 and higher

**Do you know your values?  
Learn more here.**