HDL Cholesterol
In summary...

HDL cholesterol is a type of cholesterol that is sometimes referred to as "good cholesterol" because it can help protect against heart disease. HDL cholesterol works by removing harmful cholesterol from the arteries and transporting it back to the liver, where it is broken down and excreted from the body. A high HDL cholesterol level (generally above 60 mg/dL) is associated with a lower risk of heart disease.

Ways to take action

- Eat a heart-healthy diet that is rich in fruits, vegetables, and whole grains and low in saturated and trans fats.
- Get regular physical activity, such as walking, swimming, or cycling, for at least 30 minutes most days of the week.
- Maintain a healthy weight by eating a balanced diet and getting regular exercise.
- Avoid smoking and limit alcohol intake.

About HDL cholesterol

What is HDL cholesterol?

HDL cholesterol, also known as "good cholesterol," is a type of cholesterol that helps remove harmful cholesterol from the arteries and transport it back to the liver, where it is broken down and excreted from the body. HDL cholesterol is considered important because it helps prevent the build-up of plaque in the arteries, which can lead to heart disease.

How to raise HDL cholesterol levels:

- Regular physical activity, such as walking, swimming, or cycling, for at least 30 minutes most days of the week, can help raise HDL cholesterol levels.
- A healthy diet rich in fruits, vegetables, and whole grains, and low in saturated and trans fats, can also help raise HDL cholesterol levels.
- Maintaining a healthy weight by eating a balanced diet and getting regular exercise can also help raise HDL cholesterol levels.
- Avoiding smoking and limiting alcohol intake can also help raise HDL cholesterol levels.

Other factors that can affect HDL cholesterol levels include:

- Age and gender:
  - Women tend to have higher HDL cholesterol levels than men before menopause.
  - HDL cholesterol levels tend to decrease with age in both men and women.
- Race and ethnicity:
  - HDL cholesterol levels tend to be higher in people of Asian and Pacific Islander descent compared to other racial and ethnic groups.
- Family history:
  - A family history of heart disease, especially if it occurs at a young age, can increase the risk of low HDL cholesterol levels.

Keep in mind

The normal range for HDL cholesterol is generally considered to be 40-60 mg/dL. However, a range of 60-80 mg/dL or higher may be considered "optimal" as it is associated with the lowest risk of heart disease.

How to interpret your result:

Results are calculated using algorithms based on the National Cholesterol Education Program (NCEP) Adult Treatment Panel III (ATP III) guidelines. See the full report for more information about the individual components of your results.

Specificity and validity:

Your results are based on studies conducted by Clinical Reference Laboratories, which uses a combination of chemical and immunological methods to measure HDL cholesterol levels.

Information:

- Results are provided for information purposes only and do not constitute medical advice.
- Results are not intended to be used to make medical decisions.
- Results are not intended to be used to screen for or diagnose heart disease.

Learn more from the American Heart Association.

HDL cholesterol refers to:

- Optimal
  - HDL cholesterol is considered to be optimal if it is above 60 mg/dL.

The full report can be accessed through the online portal.

References:

- Clinical Reference Laboratories. (2023). "HDL cholesterol measurement." Available at: https://www.clinicalreference.com/services/hdl-cholesterol-measurement