

# HDL Cholesterol

POWERED BY 23ANDME RESEARCH

HDL (or "good") cholesterol is a substance that circulates in the blood and helps remove "bad" LDL cholesterol from the body. Low levels of HDL cholesterol are associated with a higher risk for heart attack and stroke.



Jamie, your genetic result is associated with a **typical likelihood** of developing low HDL cholesterol.



This estimate is based on currently available data and may be updated over time.

## Ways to take action

Low HDL cholesterol is associated with a higher risk for heart disease. However, other health conditions, like high LDL cholesterol and high triglycerides, also play an important role. Experts agree that healthy lifestyle habits known to increase HDL can help lower the chances of developing heart disease.

- Exercise regularly. A good goal for heart health is 30 minutes of moderate to vigorous exercise most days of the week.
- Eat a heart-healthy diet that replaces saturated fats and trans fats with healthier unsaturated fats from sources like vegetable oils, nuts, and fish.
- Maintain a healthy weight
- Avoid smoking



Getting regular cholesterol screening is also important, since cholesterol levels tend to change with age. Maintaining healthy cholesterol levels can help lower your risk for heart disease.

[Learn more from the American Heart Association](#)

## About HDL cholesterol

### What is HDL cholesterol?

High-density lipoprotein (HDL) cholesterol is a waxy substance made of fat and protein molecules that circulates in the blood. HDL cholesterol picks up "bad" LDL cholesterol from the blood and carries it back to the liver where it is broken down and removed from the body. This helps prevent LDL cholesterol from building up on the walls of blood vessels and restricting blood flow. HDL cholesterol is known as "good" cholesterol because having a healthy level of HDL cholesterol is associated with a reduced risk for heart attack and stroke. Optimal HDL cholesterol levels are often defined as 60 mg/dL (said "milligrams per deciliter") or higher.

### HDL cholesterol ranges for adults

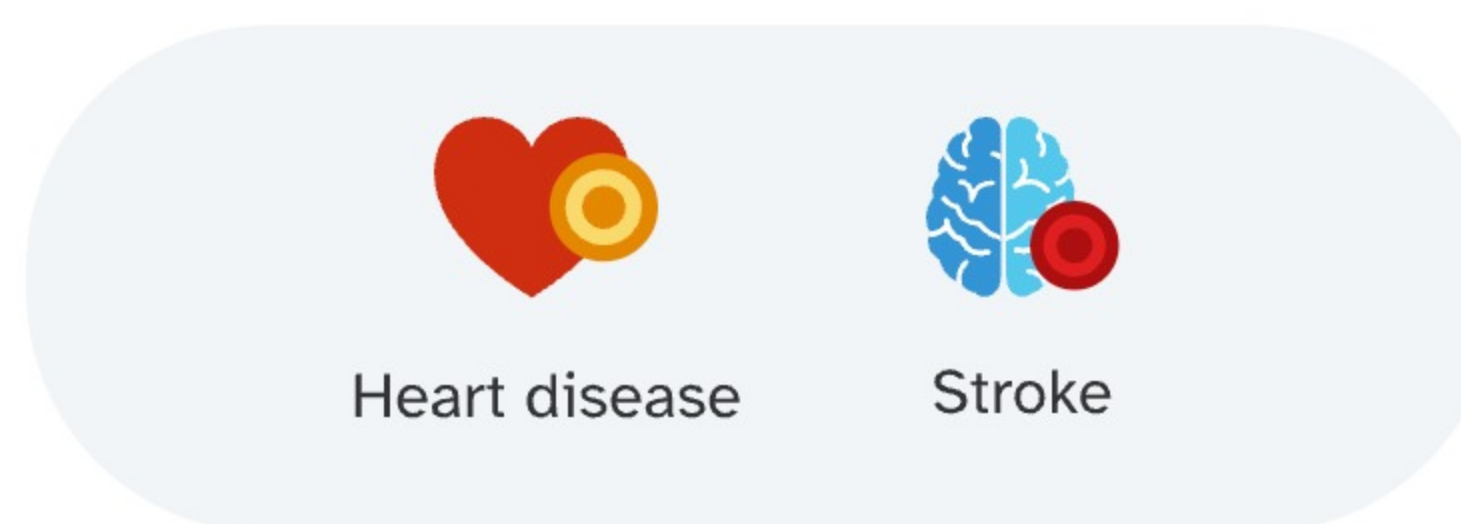
<b>Optimal</b>	<b>60 mg/dL or higher</b>
<b>Low*</b>	<b>Less than 40 mg/dL</b>

\*Some groups define low HDL cholesterol as less than 50 mg/dL for females.

Source: National Institutes of Health

### How can low HDL cholesterol impact your health?

Low HDL cholesterol is associated with an increased risk for heart attack and stroke. It may also be a sign of other conditions that increase the risk for heart disease, including high LDL cholesterol, high triglycerides, and type 2 diabetes. People with low HDL cholesterol do not usually experience symptoms so it is important to get regular screening to assess your cholesterol levels to better understand your heart disease risk. Depending on your cholesterol levels and whether you have other risk factors for heart disease, your doctor may recommend lifestyle changes and/or medications to help maintain healthy levels of cholesterol.

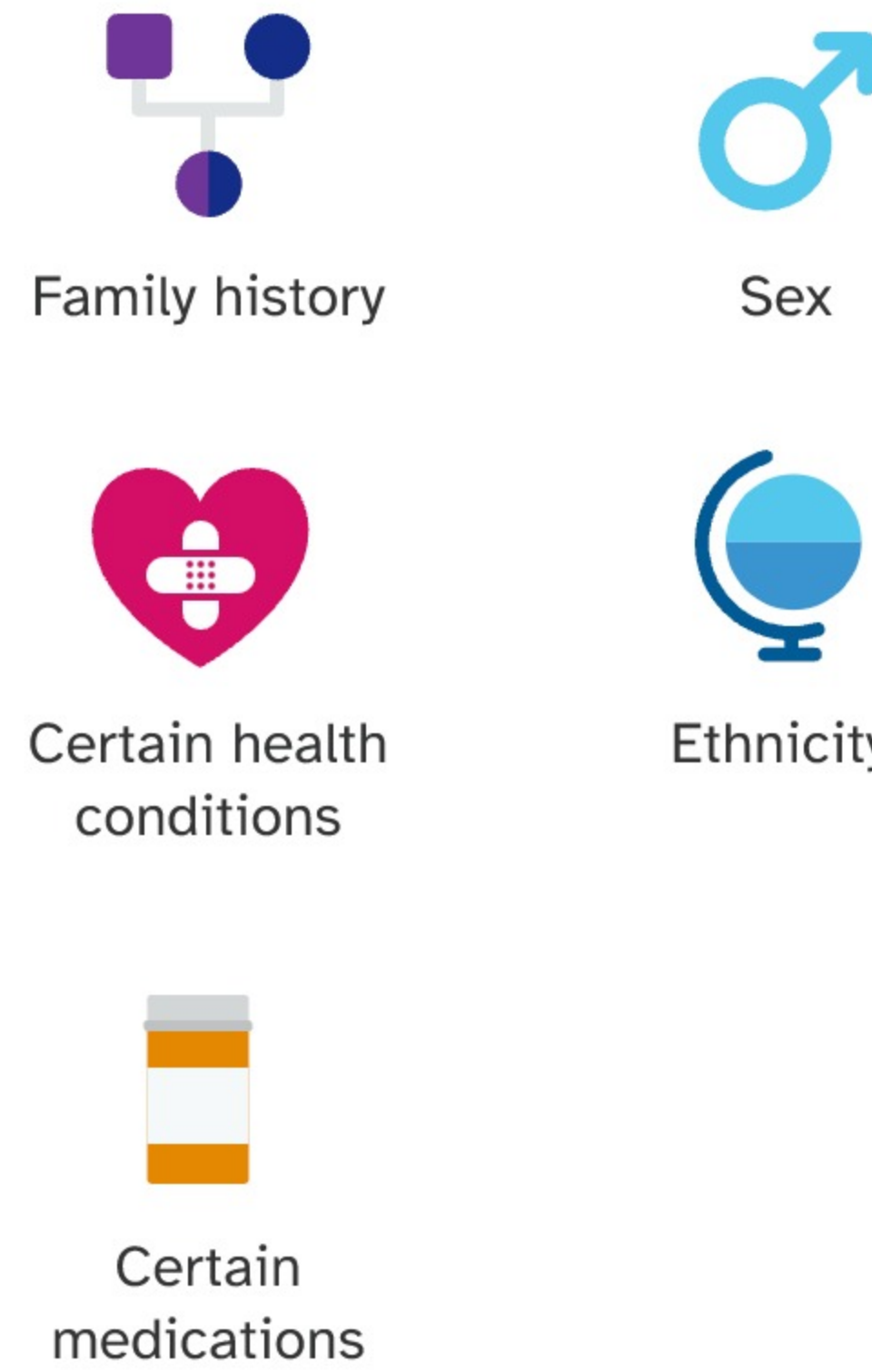


[Estimate your risk](#) for complications of heart disease, including stroke. This tool from the American Heart Association uses non-genetic factors and is for individuals who are at least 40 years old.

### Other factors that can impact your chances of developing low HDL cholesterol

According to the American Heart Association, about 30% of males and 10% of females in the U.S. have low HDL cholesterol. Besides genetics, weight, and lifestyle, other factors that can increase the likelihood of developing low HDL cholesterol include:

- Family history.
- Sex (more males than females are diagnosed with low HDL cholesterol).
- Certain health conditions, including type 2 diabetes and high triglyceride levels.
- Ethnicity. People of South Asian descent tend to have lower levels of HDL cholesterol. African Americans tend to have higher levels of HDL cholesterol but also have a higher risk for heart disease.
- Currently taking certain medications.



## Keep in mind

This report **does not diagnose** low HDL cholesterol. **Consult with a healthcare professional** if you are concerned about your likelihood of developing low HDL cholesterol, have a personal or family history of low HDL cholesterol, or before making any major lifestyle changes.



If you have already been diagnosed with low HDL cholesterol by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of developing low HDL cholesterol also depends on **other factors**, including lifestyle and family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing low HDL cholesterol.



This report is based on a genetic model **created using data from 23andMe**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



Give the gift of DNA discovery.

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