

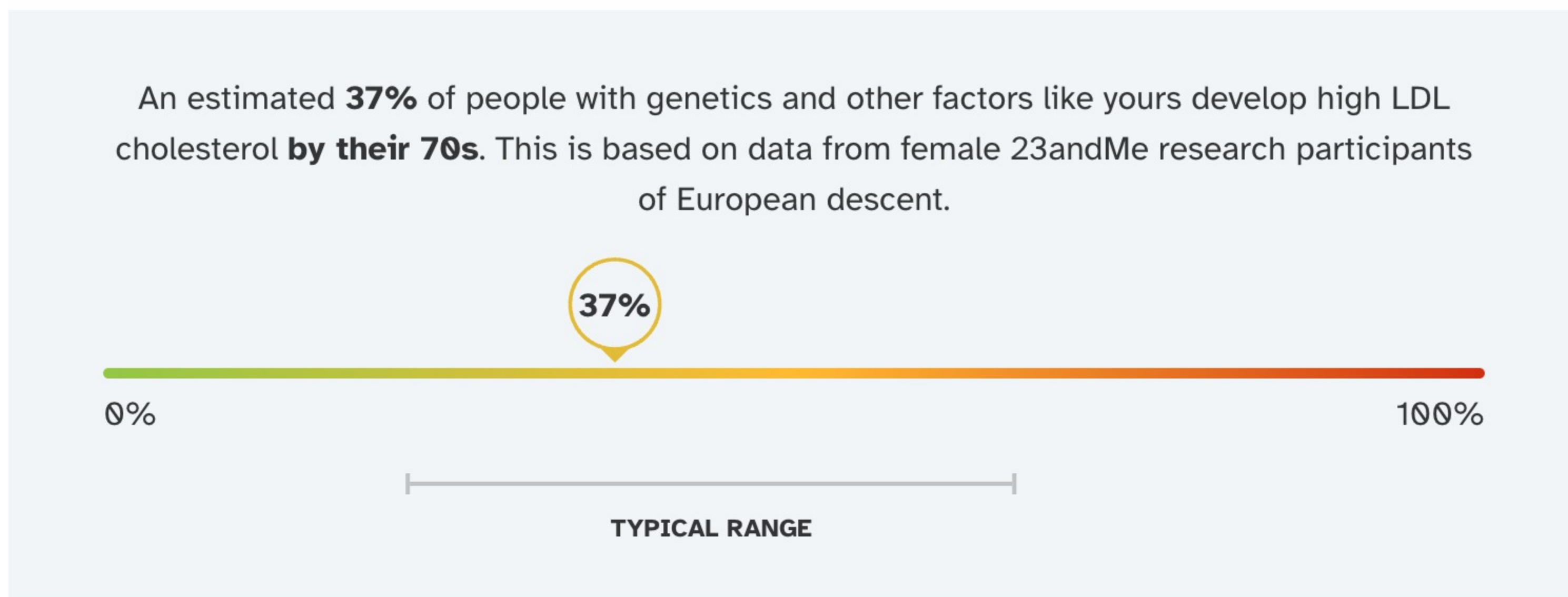
LDL Cholesterol

POWERED BY 23ANDME RESEARCH

High levels of LDL (or "bad") cholesterol can increase the risk for heart attack and stroke. This report is based on a genetic model that includes more than 2,000 genetic variants but does not include variants linked to familial hypercholesterolemia (FH), which have a large impact on LDL cholesterol levels.



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



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

Ways to take action

Your overall likelihood of developing high LDL cholesterol also depends on other factors, including lifestyle. Experts agree that healthy lifestyle habits can help lower the chances of developing this condition.

- Eat a heart-healthy diet
- Exercise regularly
- Maintain a healthy weight

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

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



About LDL cholesterol

What is high LDL cholesterol?

Low-density lipoprotein (LDL) helps carry cholesterol from your liver (where it's made) to the other cells in your body. Cholesterol is necessary to help your body build cells, make hormones, and carry out other tasks. But if there's too much LDL cholesterol in the blood, it can build up on the walls of blood vessels, making it harder for blood to flow to the heart, brain, and other parts of the body.

Although high LDL cholesterol is often defined as levels of 160 mg/dL (said "milligrams per deciliter") or greater, the levels that are considered "high" also depend on a person's other risk factors for heart disease.

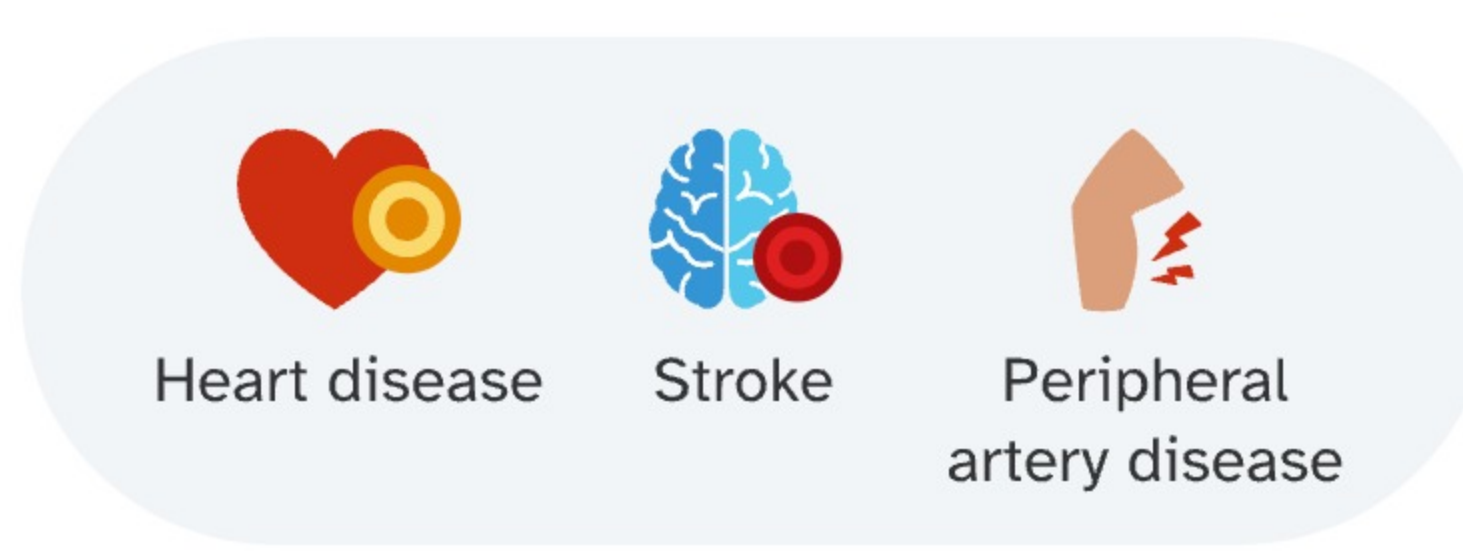
LDL cholesterol ranges for adults

| | |
|------------------------|----------------------------|
| Optimal | Less than 100 mg/dL |
| Near optimal | 100-129 mg/dL |
| Borderline high | 130-159 mg/dL |
| High | 160-189 mg/dL |
| Very high | 190 mg/dL or higher |

Source: National Heart, Lung and Blood Institute
Note: These ranges apply to people without other major risk factors for heart disease.

How can high LDL cholesterol impact your health?

High LDL cholesterol can increase the risk for heart disease, stroke, peripheral artery disease (narrowing of blood vessels outside the heart that can lead to symptoms like calf pain), and other health problems. But people with high LDL cholesterol may have no symptoms initially, which means it's important to get regular screening. Depending on your LDL cholesterol levels and whether you have other risk factors for heart disease and stroke, your doctor may recommend medications and/or lifestyle changes to help lower your cholesterol.

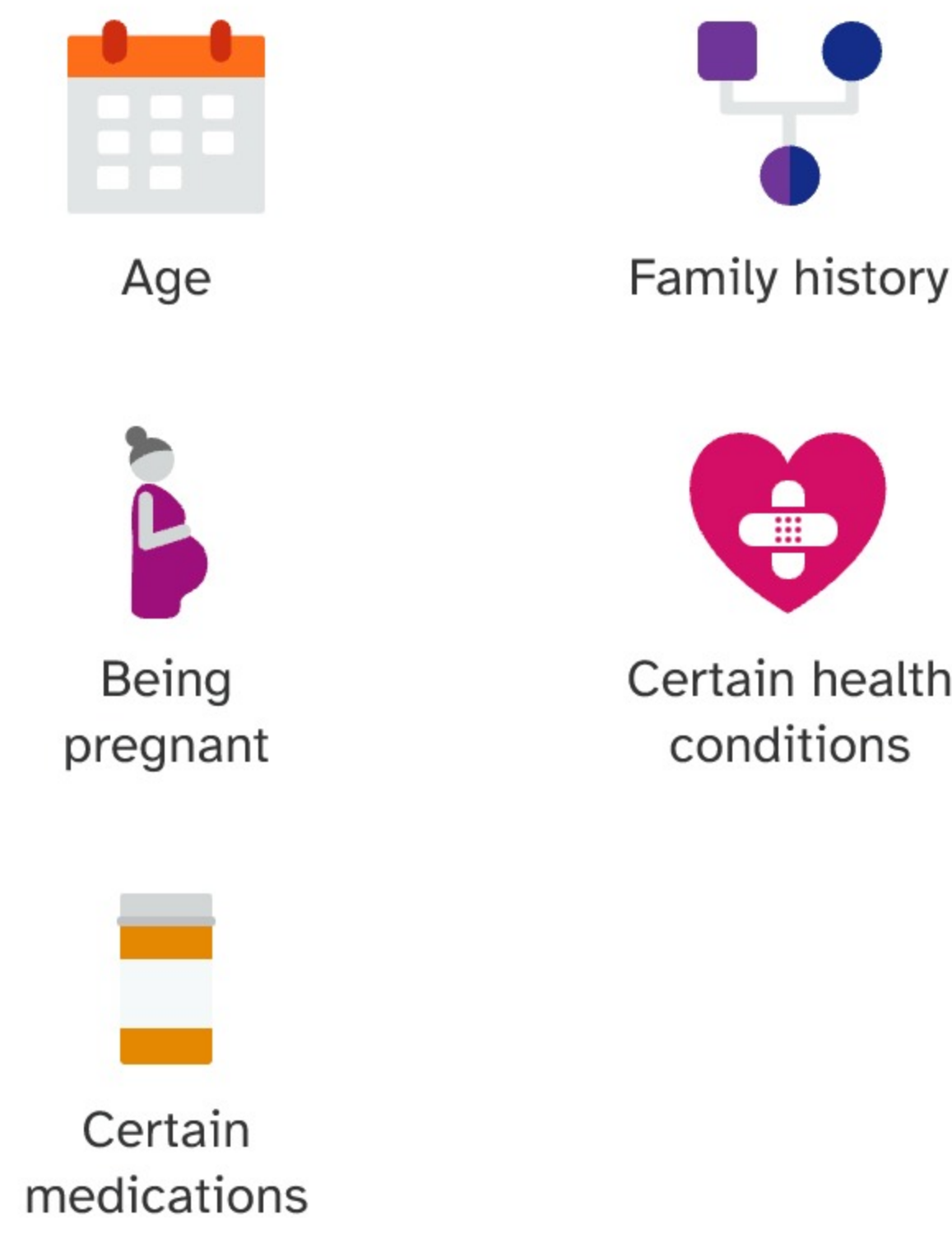


Estimate your risk for complications of heart disease, including stroke. This tool from the American Heart Association uses non-genetic factors, and is for individuals who are at least 40 years old.

Other factors that can impact your chances of developing high LDL cholesterol

According to the Centers for Disease Control and Prevention, about 55% of people in the U.S. will develop high cholesterol by their 70s. Besides genetics, weight, and lifestyle, some factors that can increase a person's chances of developing high LDL cholesterol include:

- Age (LDL cholesterol levels tend to increase with age, reaching a peak at age 50-60 in males and age 60-70 in females)
- Family history of high cholesterol
- Being pregnant
- Certain health conditions (such as hypothyroidism)
- Currently taking certain medications (including some medications used to treat high blood pressure and others used to treat viral infections)



Keep in mind

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



If you have already been diagnosed with high LDL 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 high LDL cholesterol also depends on **other factors**, including age, lifestyle, and family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing high LDL cholesterol, and it **does not include variants linked to familial hypercholesterolemia (FH)**.



This report is based on a genetic model **created using data from 23andMe research participants**. 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.

Gift a kit

Refer friends, earn rewards.

Get reward

ANCESTRY

- Ancestry Overview
- All Ancestry Reports
- Ancestry Composition
- DNA Relatives
- Order Your DNA Book

HEALTH & TRAITS

- Health & Traits Overview
- All Health & Traits Reports
- My Health Action Plan
- Health Predisposition
- Pharmacogenetics
- Carrier Status
- Wellness
- Traits

RESEARCH

- Research Overview
- Surveys and Studies
- Edit Answers
- Publications

FAMILY & FRIENDS

- View all DNA Relatives
- Family Tree
- Your Connections
- GrandTree
- Advanced DNA Comparison