




**Cholesterol test**  
TEST RESULT

# Test result Cholesterol

 **Name**  
Jane Blogs

 **Sample Number**  
ABC123

 **Report Date**  
28/10/2019

 **Birth date**  
28/10/1987

## Your test result

Your quotient, calculated from total cholesterol and HDL, is within the normal range. This means there is no indication of an increased risk of cardiovascular disease. Have your blood lipid levels checked regularly to keep your score within the normal range.

### Your measurement results

Blood lipids	Normal range	Your measurement results
Total cholesterol	< 5.2 mmol/L	4.82 mmol/L
LDL cholesterol	< 4.1 mmol/L	3.2 mmol/L
HDL cholesterol	> 1 mmol/L	1.4 mmol/L
Total cholesterol/HDL quotient	< 5.2	3.44 mmol/L
Triglycerides	< 2.3 mmol/L	1.0 mmol/L

**The values indicated refer to adults.**

Some of the values are given in units of mg/dl. The conversion formulae are as follows: cholesterol, LDL, HDL: mmol/l x 38.46 = mg/dl; triglycerides: mmol/l = 86.95 mg/dl.

## Total cholesterol

Your total cholesterol value is within the normal range of less than 5.2 mmol/L. This does not indicate an increased risk of cardiovascular disease.

## LDL cholesterol value

Your LDL cholesterol level is within the normal range of less than 4.1 mmol/L. This does not indicate a risk of cardiovascular disease. If your other blood lipid levels are within the normal range, your risk is further decreased. If this is not the case, try to bring them within the normal range. You can find tips for this below and in our blog article.

## HDL cholesterol value

Your HDL cholesterol is within the normal range. HDL can reduce the risk of developing heart disease. Try to stay within this range and check it regularly.

## Triglyceride values

Your triglycerides are within the normal range of less than 2.3 mmol/L. Try to keep your value within this optimum range.

### Important Note

Please note: to assess your individual risk of cardiovascular disease, you should consider all risk factors. The reference values quoted apply if no further risk factors are added. The more risk factors are involved, the lower the limits for total cholesterol, LDL and triglycerides become. For HDL, however, you should aim for higher target values. The factors mentioned above include, for example, overweight, smoking, hypertension and diabetes mellitus.

**You can find out about other risk factors that encourage the development of cardiovascular disease below or in our blog.**

If you are unable to bring abnormal values back within the normal range despite carrying out the recommended courses of action, you should promptly contact a specialist who can reduce the risk of cardiovascular disease and initiate further measures, if necessary using medication.

The cerascreen® cholesterol test cannot and is not designed to replace medical consultation and advice. If your measured values indicate an increased risk of cardiovascular disease, please consult a physician to discuss further necessary measures. Do not stop taking any medication or change the dose without consulting the doctor responsible for treatment. This document was created automatically and is valid without a signature.

## Frequently Asked Questions

## What is cholesterol? \_\_\_\_\_ ^

Cholesterol is produced in the liver and absorbed through the diet. It serves as the raw material for the formation of vitamin D and steroid hormones such as oestrogen, androgen, cortisol and aldosterone. It is also involved in the production of bile acid, which is important for the digestion of fat. In addition, it stabilises cell membranes and supports their structure<sup>4</sup>.

## What are HDL and LDL? \_\_\_\_\_ ^

Cholesterol cannot move freely through the body to its sites of action, but is bonded with so-called transport proteins to enable its journey through the body. HDL's job is to bring the cholesterol from the body's cells to the liver. On the other hand, LDL brings cholesterol from the liver to the cells. High LDL concentrations can lead to deposits of cholesterol in the arteries and subsequently to arteriosclerosis. Therefore, this form of cholesterol is popularly referred to as "bad cholesterol". Since HDL is a protective factor for arteriosclerotic diseases, it is also referred to as "good cholesterol"<sup>3</sup>.

**[Read more about LDL and HDL and why the ratio between total and HDL cholesterol is important here.](#)**

## What are triglycerides? \_\_\_\_\_ ^

Triglycerides are also referred to as neutral fats and occur in natural fats and oils. They are absorbed with food and then transported in the blood via other lipoproteins known as chylomicrons. In addition, they can also be produced by the human organism itself<sup>2</sup>.

## Why is too much cholesterol harmful? \_\_\_\_\_ ^

If too much LDL cholesterol accumulates in the body, the cholesterol sticks to the blood vessels, causing blood flow to stagnate. Over time, LDL cholesterol leads to calcification of blood vessels, increasing the risk of heart attack, strokes and blood clots. Accumulation of cholesterol in the blood vessels is also called arteriosclerosis.

## What are the consequences of arteriosclerosis? \_\_\_\_\_ ^

The most serious and most common consequence of arteriosclerotic changes in the vessels is myocardial infarction. Another consequence is so-called coronary heart disease (CHD). This is heart disease caused by occlusions or constrictions of the coronary arteries. In addition, arteriosclerosis can cause a stroke. The so-called smoker's leg, medically referred to as peripheral arterial occlusive disease (PAOD), is also attributable to arteriosclerosis<sup>1</sup>.

## What are the causes of increased cholesterol values? \_\_\_\_\_ ^

Lifestyle above all, plus genetic predisposition, are the main causes of heightened cholesterol levels. Basically, the following factors are causes: high blood pressure

(hypertension), obesity (obesity), smoking, diabetes mellitus (diabetes) and genetic risk factors (cardiovascular disease in blood relatives). With age, the likelihood of developing arteriosclerosis increases<sup>1</sup>.

**Other causes of heightened cholesterol levels can be found here in our blog article.**

## How are heightened cholesterol levels treated? \_\_\_\_\_ ^

Changes in diet can have a positive influence on blood lipid levels. Physical exercise and reduction of obesity also make a valuable contribution to reducing cholesterol levels. Where high blood pressure or diabetes mellitus are indicated, positively adjusting levels (possibly with medication) can lower the risk of arteriosclerosis<sup>1</sup>.

**More information on how to lower your cholesterol levels can be found here.**

## Which foods should I eat and which should I avoid? \_\_\_\_\_ ^

To combat high cholesterol, avoid foods that increase LDL levels, including e.g. sweets, highly processed meat, alcohol, white flour products, pasteurised dairy products, crisps, deep-fried foods, rapeseed oil and coconut oil. On the other hand olive oil, dark chocolate, eggs, psyllium husk, salmon, turmeric, and green tea can lower LDL levels and increase HDL levels.

**More information about a cholesterol-lowering diet can be found here.**



If you have further questions about your test results, please don't hesitate to contact us.

Contact us by email at:  
[help@cerascreen.com](mailto:help@cerascreen.com)

We don't leave you alone with your test results and support you on your way towards a symptom-free future. Your Cerascreen Team

## References

<sup>1</sup> Kasper, H.: Ernährungsmedizin und Diätetik. Elsevier Urban & Fischer, München (2014).

<sup>2</sup> Biesalski, H.-K., Grimm, P., Nowitzki-Grimm, S.: Taschenatlas Ernährung. Stuttgart: Georg Thieme Verlag (2015).

<sup>3</sup> Schweizerische Gesellschaft für Ernährung (SGE): Ernährung und erhöhter Cholesterinspiegel. Schweizerische Gesellschaft für Ernährung SGE, Bern (2011).

<sup>4</sup> Pschyrembel Online: Cholesterin,  
<https://www.pschyrembel.de/Cholesterin/K04TU/doc/>. Stand 05.04.2019.