



Lipid Screening

We do an initial non-fasting screen for Lipid Levels at age 10 based on recommendations from the National Heart, Lung, and Blood Institute. We repeat them before your child goes to college. Read more about it [here](#).

We test for the following:

TC – Total Cholesterol

HDL – High Density Lipoprotein, good cholesterol (higher is better with this measurement)

TRG - Triglycerides

LDL – Low Density Lipoprotein

Non-HDL – Total minus the HDL

TC/HDL – Ratio of Total Cholesterol to HDL – ideal ratio less than 4

Glucose – blood sugar

Item	Acceptable	Borderline	Of Concern
TC	<170	170-199	>200
HDL	>45	40-45	<40
TRG	<75 age 0 to 9 yrs <90 age 10 to 19	75-99 90-129	>100 >130
LDL	<100	110-129	>130
Non-HDL	<120	120-144	<145
TC/HDL	<4		>4
Glucose	<100	100-120	>120

Based on your results we will recommend:

___ Nothing – you have a good diet and genetics! Keep up the good work. (all results in acceptable range)

___ Modify your current diet to have less saturated fats and more good fats such as Omega-3 (nuts, olive oil, cold water fish, dark green leafy vegetables, flax seed, eggs with omega 3 fatty acids) (some results in borderline range).

___ Repeat this testing after fasting (some results of concern).

___ Refer to the Pediatric Lipid Clinic Children's Heart Center phone 275-6108 (concerning results even after fasting).