Rise to health

A Carnegie Mellon University Study

# Feedback Form: Bloodwork

| | Your Values: |
|---|---|
| **Total cholesterol** is an important part of a healthy body because it is used for producing cell membranes and some hormones. While some cholesterol is needed for good health, too much cholesterol is not healthy because extra cholesterol may be stored in your arteries. As people age, high cholesterol levels can increase their risk for heart problems.<br><br>**Normal range: under 170 mg/dL** | 115 |
| **LDL Cholesterol** is considered the "bad" cholesterol because it contributes to plaque, a thick, hard deposit that can clog arteries and make them less flexible. As people age, having high levels of LDL places them at risk for heart problems.<br><br>**Normal range: under 110 mg/dL** | 87 |
| **HDL Cholesterol** is considered "good" cholesterol because it helps remove the "bad" LDL cholesterol from the bloodstream.<br><br>**Normal range: above 45 mg/dL** | 37 |
| **Glucose** is the main type of sugar in the blood and is the major source of energy for the body's cells. Glucose comes from the foods we eat, or the body can make it from other substances. Glucose is carried to the cells through the bloodstream. Several hormones, including insulin, control glucose levels in the blood. While small amounts of sugar are ok for your body, having a blood glucose level that's too high can be unhealthy and can lead to health problems like diabetes, and heart disease later in life.<br><br>**Normal range: 60-99 mg/dL** | 68 |
| **Triglycerides** are a type of fat made when a type of sugar is broken down. Triglycerides store unused calories and provide your body with energy. However, high levels of triglycerides may clog the arteries and lead to heart problems later in life.<br><br>**Normal range: under 90 mg/dL** | 50 |

******Please note that we are not a clinical laboratory so these readings should not be used for diagnostic purposes. However, if you have readings that are unusual, you may wish to consult with your physician for follow-up testing.******