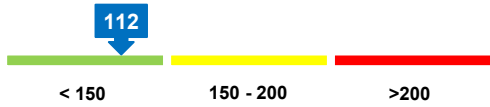


<b>Patient</b> Jane Doe	<b>Patient ID</b> JD930304	Non-smoker	<b>BMI</b> 19.2	<b>Waist</b> 26 in
<b>DOB</b> 3/4/1993 (24 yrs)	<b>Report Date and Time</b> 11/1/2017 12:00	<b>Medications</b> None indicated		
<b>Gender</b> F	<b>Received Date and Time</b> 10/26/2017 13:00	<b>Provider ID:</b> 0000		
<b>Systolic blood pressure</b> Unspecified	<b>Specimen Collection Date and Time</b> Blood Spot 10/17/201 9:20:00	Doctor T 17387 63rd Ave Lake Oswego OR 97035		
	<b>Hours of Fasting</b> 12:00	<b>Ph:</b> xxx-xxx-xxxx		
	<b>Family History of</b>			
	Heart Disease Yes			
	Diabetes No			
	Cancer Yes			

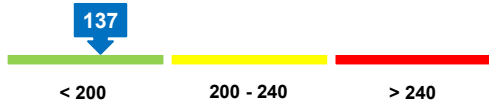
## YOUR TEST RESULTS



### Triglycerides (mg/dL)



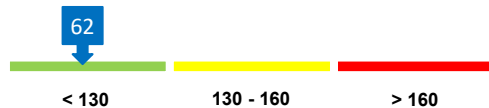
### Cholesterol (mg/dL)



### HDL (mg/dL)



### LDL (mg/dL)



## What do your test results mean?

**Triglycerides.** Increased plasma triglyceride levels are indicative of a metabolic abnormality and, along with elevated cholesterol, are considered a risk factor for atherosclerotic disease. In the presence of other coronary heart disease risk factors, both borderline-high (150-200 mg/dL) and high values (>200 mg/dL) require attention. Triglyceride concentrations >1,000 mg/dL can lead to abdominal pain and may be life-threatening due to chylomicron-induced pancreatitis.

**Total cholesterol** is a measure of the total amount of cholesterol in your blood, including low-density lipoprotein (LDL) cholesterol and high density lipoprotein (HDL) cholesterol

**HDL (good) cholesterol** With HDL cholesterol, higher levels are better. Low HDL cholesterol puts you at higher risk for heart disease. People with high blood triglycerides usually also have lower HDL cholesterol. Genetic factors, type 2 diabetes, smoking, being overweight and being sedentary can all result in lower HDL cholesterol.

**LDL (bad) cholesterol** A low LDL cholesterol level is considered good for your heart health. However, your LDL number should no longer be the main factor in guiding treatment to prevent heart attack and stroke, according to new guidelines from the American Heart Association. For patients taking statins, the guidelines say they no longer need to get LDL cholesterol levels down to a specific target number. A diet high in saturated and *trans* fats raises LDL cholesterol.