CHOLESTROL LEVEL BY AGE

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| DATE | 11/11/2022 |
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| PROJECT NAME | VISUALIZATION AND PREDICTION OF HEART DISEASE USING DATA ANALYTICS |

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| **type of cholesterol** | **Anyone 19 or younger** | **Men aged 20 or over** | **Women aged 20 or over** |
| total cholesterol | less than 170 mg/dl | 125–200 mg/dl | 125–200 mg/dl |
| non-HDL | less than 120 mg/dl | less than 130 mg/dl | less than 130 mg/dl |
| LDL | less than 100 mg/dl | less than 100 mg/dl | less than 100 mg/dl |
| HDL | more than 45 mg/dl | 40 mg/dl or higher | 50 mg/dl or higher |

cholesterol overall

Adults should have total cholesterol levels under 200 mg/dl.

Readings between 200 and 239 mg/dl are considered borderline high by doctors, and readings above 240 mg/dl are considered high.

cholesterol LDL

LDL cholesterol levels should ideally be under 100 mg/dl. Doctors may not recommend treatment at this point for patients with no health difficulties whose blood sugar levels are between 100 and 129 mg/dl, but they may do so for those who have heart disease or associated risk factors.

Readings between 130 and 159 mg/dl are borderline high, whereas values between 160 and 189 mg/dl are high. Very high is defined as a value of at least 190 mg/dl.

cholesterol HDL

Doctors advise maintaining greater HDL levels. A value of less than 40 mg/dl in a person may indicate a risk of