**Total Cholesterol (COLUMN I)**

Cholesterol, while essential for the body, in excess can clog blood vessels leading to heart disease such as heart attacks and strokes.

A picture containing graphical user interface

Description automatically generated

**LDL (COLUMN J)**

LDL particles carry and deposit cholesterol in blood vessels, which can obstruct blood flow, a process known as atherosclerosis.

A picture containing graphical user interface

Description automatically generated

**Triglycerides (COLUMN K)**

Excessive amounts of Triglycerides can deposit in blood vessels, contributing to atherosclerosis and heart disease.

Graphical user interface

Description automatically generated with medium confidence

**hs-CRP (COLUMN L) High-Sensitivity CRP**

Inflammation damages many organs, and can raise your risk for heart disease, dementia, cancer, and many other diseases.

A picture containing graphical user interface

Description automatically generated

**HbA1c (COLUMN M) Glycosylated Hemoglobin**

Elevated blood sugar can increase risk of diabetes, as well as raise the risk of dementia, kidney damage, and vision disturbances.

Graphical user interface

Description automatically generated with medium confidence

**HDL (COLUMN N)**

HDL particles carry cholesterol deposits away from blood vessels, actually reversing atherosclerosis, and decreasing the risk of heart disease.

A picture containing graphical user interface

Description automatically generated

**Cholesterol/HDL Ratio (I / N)**

What is more important than the amount of Total Cholesterol or each type of cholesterol, is the balance between the two.

Chart

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**Triglycerides/HDL Ratio**

Since excess Triglycerides deposit in blood vessels, and HDL can help clear blood vessels, the balance of the two is an excellent measure of cardiovascular risk.

Chart

Description automatically generated