# LDL Calculated

## INPUTS

|  |  |
| --- | --- |
| Total Cholesterol | **Options:** |
| HDL Cholesterol | **Options:** |
| Triglycerides | **Options:** |

## FORMULA

LDL cholesterol = total cholesterol - HDL - (triglycerides / 5)

## FACTS & FIGURES

**Interpretation:**

|  |  |
| --- | --- |
| **LDL level, mg/dL** | **Interpretation** |
| <100 | Optimal |
| 100-129 | Near optimal/above optimal |
| 130-159 | Borderline high |
| 160-189 | High |
| ≥190 | Very high |

From [ATP III Guidelines](https://www.nhlbi.nih.gov/files/docs/guidelines/atglance.pdf).

**LDL targets:**

* **“Very” high risk:** guidelines suggest <70mg/dL may be a reasonable option, but data may suggest there is little incremental benefit to this extreme but with high associated cost.
* **High risk** (known CAD, known other atherosclerotic disease, diabetes, etc): <100 mg/dL.
* **Moderate risk** (>1 risk factor\*): <130 mg/dL.
* **Lower risk** (0-1 risk factors): <160 mg/dL.

From [NCEP 2004 Guidelines](https://www.nhlbi.nih.gov/health-pro/guidelines/current/cholesterol-guidelines/quick-desk-reference-html).

\*Risk factors include diabetes, cigarette smoking, HTN (BP 140/90 mm Hg or on antihypertensive medication), low HDL cholesterol (<40 mg/dL), and family history of premature CAD (CAD in male first-degree relative, or father <55 years, or female first-degree relative or mother <65 years).

## EVIDENCE APPRAISAL