Cholesterol components: Total Cholesterol

Total cholesterol (total-C) levels are often used as a screening for patients who may be at risk of lipid abnormalities.

According to the 2002 National Cholesterol Education Program (NCEP) guidelines, high levels of total cholesterol have been associated with an increased risk of cardiovascular disease.

NCEP Guidelines

IF YOUR TOTAL CHOLESTEROL LEVEL IS	YOUR CLASSIFICATION IS
Less than 200 mg/dL	Desirable blood cholesterol
200 to 239 mg/dL	Borderline-high blood cholesterol
More than 240 mg/dL	High blood cholesterol

Record your cholesterol values below to track your progress.

Personal Cholesterol Record

Date	LDL-C	HDL-C	Triglyceride	Total-C