

HOW TO READ YOUR BLOOD TEST

Fact Sheet

The purpose of this sheet is to explain the main factors that will help you better understand your blood test



LIPID PROFILE

1) HDL: GOOD CHOLESTEROL

Normal: greater than 40 mg/dL.

HDL moves excess cholesterol out of the arteries. High levels are good.

2) LDL: BAD CHOLESTEROL

LDL moves cholesterol to the cells. The desired level depends on the person's level of cardiovascular risk:

Low risk: < 116 mg/dL

Moderate risk: < 100 mg/dL

High risk: < 70 mg/dL

Very high risk: < 55 mg/dL

3) TOTAL CHOLESTEROL

Normal: less than 200 mg/dL

This is the sum of HDL, LDL and other types of cholesterol.

4) TRIGLYCERIDES

Normal: less than 150 mg/dL

These are a type of fat. They increase due to an unbalanced diet rich in fat, sugar and/or alcohol, excess weight and/or a sedentary lifestyle.

5) FASTING PLASMA GLUCOSE

Normal: between 70 and 100 mg/dL.

Measures the amount of glucose in the blood after fasting.

Protein



ALBUMIN LEVELS

Normal: 3.5 to 5.5 g/dL

Albumin is a protein found in the blood. It plays a crucial role in transporting nutrients and supporting the immune system. It can be measured to assess liver function and nutrition and to screen for disease.



COMPLETE BLOOD COUNT (CBC)

Haemoglobin (Hb): 12-16 g/dL

White blood cells (WBC): 4.000-11.000/uL

Platelets (PLT): 150.000-450.000/uL

The CBC provides information about blood cells. The CBC is used to detect anaemia, infection or inflammation in the body.



THE IONOGRAM

Sodium (Na): 135-145 mmol/L

Potassium (K): 3.5-5.0 mmol/L

Chloride (Cl): 98-108 mmol/L

These electrolytes are essential for maintaining water balance and ensuring proper organ function.



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