

Test Results

Test ID 33652252-5f7e-4988-9478-f317b4a8de34

Test Created 19 Jan 2023, 09:42 AM

Organization Poc Doc

Biological Results



Personal Data

Sex at birth **Male**

Age **43**

Body weight **78 kg**

Height **170 cm**

BMI **27.0**

Answered questions

Are you taking antipsychotic medication? **No**

Are you taking regular steroid tablets? **No**

Are you or could you be pregnant? **No**

Are you taking blood pressure medication? **No**

What is your ethnicity? **White - British**

What is your smoking status? **Non-smoker**

What is your diabetes status? **None**

Have you suffered with angina or heart attack in a 1st degree relative under 60? **No**

Do you have chronic kidney disease at stage 3, 4 or 5? **No**

Do you or have you suffered with atrial fibrillation? **No**

Do you suffer with migraines? **No**

Do you have rheumatoid arthritis? **No**

Do you have lupus? **No**

Do you have severe mental illness? (This includes schizophrenia, bipolar disorder or moderate/severe depression) **No**

Do you have diagnosis or are you being treated for erectile dysfunction? **No**

Do you have, or have you had in the past, a diagnosis of cardiovascular disease (e.g. heart failure, heart attack, angina, stroke)? **No**

Are you currently taking cholesterol-lowering medication (e.g. statins)? **No**

Blood pressure **N/A**

HbA1c result **N/A**

What do your cholesterol results mean?

When you have a cholesterol test, it is really important that your healthcare professional explains the results to you to prevent unnecessary worry and confusion.

Total Cholesterol

This is sometimes written as 'serum cholesterol' or 'TC' and refers to your overall level of cholesterol.

Non-HDL Cholesterol

Your non-HDL cholesterol is your total cholesterol minus your HDL cholesterol. It's all the 'bad' cholesterol added together, including your LDL cholesterol. Ideally it should be as low as possible.

HDL Cholesterol

Your HDL cholesterol ('good' cholesterol) helps clear the cholesterol out of your arteries, while your LDL cholesterol ('bad' cholesterol) can clog them up. Your HDL cholesterol should ideally be high, around 1.4mmol/L, but our specialists believe that HDL levels higher than this might not give you any extra benefit. Read about high HDL cholesterol.

TC:HDL ratio

You might be given a TC:HDL ratio, which is the ratio of HDL compared to the total cholesterol. If not, you can work it out from your HDL and total cholesterol numbers. This should be as low as possible. Above 6 is considered high.

Triglycerides

Triglycerides are another type of blood fat and your triglyceride levels can tell you more about your health. If your triglycerides are high, it can mean you're at risk of heart disease, liver disease and diabetes.



Click [here](#) for more information, or speak to the provider that ran your test.



Please leave your review on [Trustpilot](#).