

Lipid Panel

WHAT YOU NEED TO KNOW

What is a “lipid panel”?

A “lipid panel” is a test that shows you the amount of fats like cholesterol and triglycerides in your blood. These fats are carried by lipoproteins like low-density lipoproteins (LDL) and high-density lipoproteins (HDL).

How often should I have a lipid panel?

- » **Children:** at least once between ages 9 and 11
- » **Adolescents:** at least once between ages 17 and 21
- » **Adults:** at least once every 5 years after the age of 20
- » Your healthcare provider may recommend a lipid panel more often if you have a higher risk for heart disease, stroke, or other health concerns and to see if your treatment plan is helping achieve your lipid level targets.

How does a lipid panel help?

A lipid panel can help you and your healthcare team:

1. Know your risk for heart disease;
2. Agree on targets for your lipid levels;
3. Decide the best treatment plan to meet your targets for LDL cholesterol (LDL-C), non-HDL cholesterol (non-HDL-C), and other lipids.

Sample Lipid Panel

ABC LABORATORY

PATIENT INFORMATION

Name: “Farrah Zaidi”
Patient ID: 24681012
DOB: 07/01/1974
Age: 50
Gender: Female

REPORT STATUS: COMPLETE

Specimen ID: 987-654-32

Collected: 02/05/2025
Received: 02/05/2025
Reported: 02/06/2025

ORDERING PHYSICIAN

Jane Doe, MD
6816 Southpoint Pkwy
Jacksonville, FL 32216

LIPID PANEL

TEST	CURRENT RESULT	FLAG	UNIT	REFERENCE RANGE
2 Cholesterol, Total	393	■	mg/dL	100-199 mg/dL
3 Triglycerides	100		mg/dL	0-149 mg/dL
4 HDL Cholesterol	48		mg/dL	>40 mg/dL
5 LDL Cholesterol (calculated)*	325	■	mg/dL	0-99 mg/dL
6 Non-HDL Cholesterol	345	■	mg/dL	<129 mg/dL
7 Apolipoprotein B	200	■	mg/dL	<90 mg/dL
8 Lipoprotein(a)	150	▲	nmol/L	<75 nmol/L

▲ Out of Reference Range ■ Critical/Alert

END OF REPORT

*LDL Cholesterol (LDL-C) is calculated by mathematical formula used by some labs.

Turn this Page Over to Learn How to Read Lipid Panel Results

HOW TO READ LIPID PANEL RESULTS

1

Reference Ranges

Reference ranges are based on averages in the population of the United States. Your targets for LDL-C, non-HDL-C, and apolipoprotein B (apoB) may be lower based on your risk for heart disease.

2

Total Cholesterol

This is the cholesterol carried in your blood by the lipoproteins LDL, HDL, lipoprotein(a) [Lp(a)], and other lipoproteins. It is helpful to know your total cholesterol, but LDL-C and non-HDL-C are the targets for treatment to lower your risk of heart disease.

3

Triglycerides (TGs)

TGs are a type of fat that your body uses for energy. Much of the TGs in your blood come from the food you eat, but your body also makes them. High TGs can cause health problems like heart disease. Very high TGs can irritate your pancreas and cause pancreatitis. If your TGs are higher than 150 mg/dL, talk to your healthcare provider. Your genetics, other health concerns like diabetes, and some medicines can increase your TGs.

4

HDL Cholesterol (HDL-C)

This is the cholesterol carried by HDL in your blood. Your HDL-C may be lower if you smoke or have excess body fat, diabetes, or high TGs. It is helpful to know your HDL-C, but it is not a target for treatment. Your LDL-C and non-HDL-C are better to show your risk for heart disease and are the targets for treatment.

5

LDL Cholesterol (LDL-C)

This is the cholesterol carried by LDL in your blood. A high LDL-C is a risk factor for heart disease and stroke. Your LDL-C target depends on your overall risk for heart disease. Talk to your healthcare provider about your risk and your LDL-C target.

6

Non-HDL Cholesterol (Non-HDL-C)

This is the cholesterol carried by lipoproteins like LDL and Lp(a) but not HDL. Like high LDL-C, a high non-HDL-C is a risk factor for heart disease and stroke. Like LDL-C, your non-HDL-C target depends on your overall risk for heart disease. Talk to your healthcare provider about your non-HDL-C target.

7

Apolipoprotein B (ApoB)

ApoB is a protein that helps your body make LDL. A higher ApoB means your LDL is higher and your risk for heart disease is higher. Your ApoB level can help you and your healthcare team know your risk for heart disease better. A high ApoB may mean you need to lower your LDL-C more. ApoB is not on a regular lipid panel. Talk with your healthcare provider if you want to have your ApoB checked.

8

Lipoprotein(a) [Lp(a)]

Lp(a) is a lipoprotein in your blood. High Lp(a) is a genetic condition inherited from a parent. High Lp(a) increases your risk for heart disease. All adults should have Lp(a) checked at least once in their lifetime. Lp(a) is not on a regular lipid panel. Talk with your healthcare provider if you want to have your Lp(a) checked. If you have high Lp(a), talk to your healthcare provider about having your family members checked for high Lp(a).

Once you and your healthcare team know what your lipid levels and what your targets are for LDL-C and non-HDL-C, you can decide the best treatment plan for you based on your risk for heart disease. Changing your diet and exercise habits can help improve your lipid levels, but you may need medication, too.