

Know Your Cholesterol Results



If you have had a heart attack, ischaemic stroke, transient ischaemic attack, or have peripheral vascular disease, you should already be on cholesterol-lowering medication such as a statin. UK guidelines recommend lowering your LDL cholesterol below 1.8mmol/L or non-HDL cholesterol below 2.5mmol/L.

Name:

Your current blood results

Date:

Total Cholesterol: mmol/L

Triglycerides: mmol/L

LDL: mmol/L

Non-HDL: mmol/L

LDL Cholesterol targets as recommended by your doctor

☐ <1.8mmol/L

☐ <1.4mmol/L

Your Cholesterol lowering medication

You should have had your cholesterol profile rechecked after 3 months from initial treatment.

Target LDL is achieved.

Your blood results

Date:

Total Cholesterol:

mmol/L

Triglycerides:

mmol/L

LDL:

mmol/L

Non-HDL:

mmol/L

Continue cholesterol therapy lifelong with annual cholesterol blood tests.

Target LDL is not achieved.

Speak to your GP about your cholesterol lowering medication.

For more information visit:

www.heartuk.org.uk/cholesterol/understanding-your-cholesterol-test-results-

Authors: Lincolnshire Lipid Advisor Group