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NON-HDL CHOLESTEROL

Introduction:

Many doctors now believe that determining your non-HDL cholesterol level may be more useful in predicting your risk of heart disease than calculating your cholesterol ratio.

It also appears to be a better risk predictor than your total cholesterol level or even your low-density lipoprotein (LDL, or “bad”) cholesterol level.

As its name implies, non-HDL cholesterol is simply subtracting your high-density lipoprotein (HDL, or “good”) cholesterol number from your total cholesterol number. It contains all the “bad” types of cholesterol.

When is this test ordered?

In diabetic patients, non-HDL cholesterol, unlike LDL cholesterol or triglycerides, may be a strong predictor of cardiovascular disease (CVD) because it correlates highly with atherogenic lipoproteins, or lipoproteins that promote fatty deposits on arteries.

People with type 2 diabetes are known to have an elevated cardiovascular risk. Adults with diabetes have a two to four times higher risk of experiencing cardiovascular events than adults without diabetes and twice as high of risk of dying from CVD.

How is this test done?

Fasting is not required for non-HDL cholesterol testing. However, your doctor might also request other laboratory testing to be done where fasting might be required.



Specimen required is a serum sample.

Normal Ranges:

- CVD or CVD risk equivalent: < 3.4 (<2.6)*
- No CVD, $<2+$ RF: < 4.1 (<3.4)*
- No CVD, <2 RF: < 4.9

* If 10 years, risk is 20-100%

Higher numbers mean a higher risk of heart disease.

Non-HDL cholesterol increases your risk of heart disease and maybe even greater if you:

- Smoke.
- Have diabetes.
- Have high blood pressure.
- Are obese.
- Have kidney disease.

References:

1. *Cholesterol Ratio or non-HDL Cholesterol: Which is most important?* mayoclinic.org
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3. *Non-HDL Cholesterol Test.* labtestsonline.org.uk
4. *Non-HDL Cholesterol.* testing.com
5. *What you need to know about non-HDL Cholesterol.* healthline.com
6. *Dasman Diabetes Institute: Clinical Laboratory Specimen Collection Manual*