

# Cholesterol Level Chart by Age

Name: Steve Stark

Date: Dec 10, 2023

Age: 26

Gender: Male

Age Group	Gender	Total Cholesterol (mg/dL)	LDL Cholesterol (mg/dL)	HDL Cholesterol (mg/dL)	Triglycerides (mg/dL)
Adults	Male	< 200 (Desirable)	< 100 (Optimal)	40 - 59 (Better if higher)	< 150 (Normal)
	Female	< 200 (Desirable)	< 100 (Optimal)	50 - 59 (Better if higher)	< 150 (Normal)
Children (10-19)	Male	< 170 (Desirable)	< 110 (Optimal)	> 45 (Acceptable)	< 90 (Normal)
	Female	< 170 (Desirable)	< 110 (Optimal)	> 45 (Acceptable)	< 90 (Normal)
Children (0-9)	Male	< 170 (Desirable)	< 110 (Optimal)	> 45 (Acceptable)	< 75 (Normal)
	Female	< 170 (Desirable)	< 110 (Optimal)	> 45 (Acceptable)	< 75 (Normal)

## Cholesterol Test Results

Total Cholesterol (mg/dL)	LDL Cholesterol (mg/dL)	HDL Cholesterol (mg/dL)	Triglycerides (mg/dL)
210	135	38	180

## Additional Notes

Cholesterol levels indicate borderline high total cholesterol and LDL cholesterol, with slightly lower than desirable HDL cholesterol levels. triglycerides are also borderline high. These results suggest a need for dietary and lifestyle modifications, including increased physical activity and dietary changes. It is advisable to consider a follow-up and possibly more detailed assessment to tailor a specific intervention plan.