



Total Cholesterol

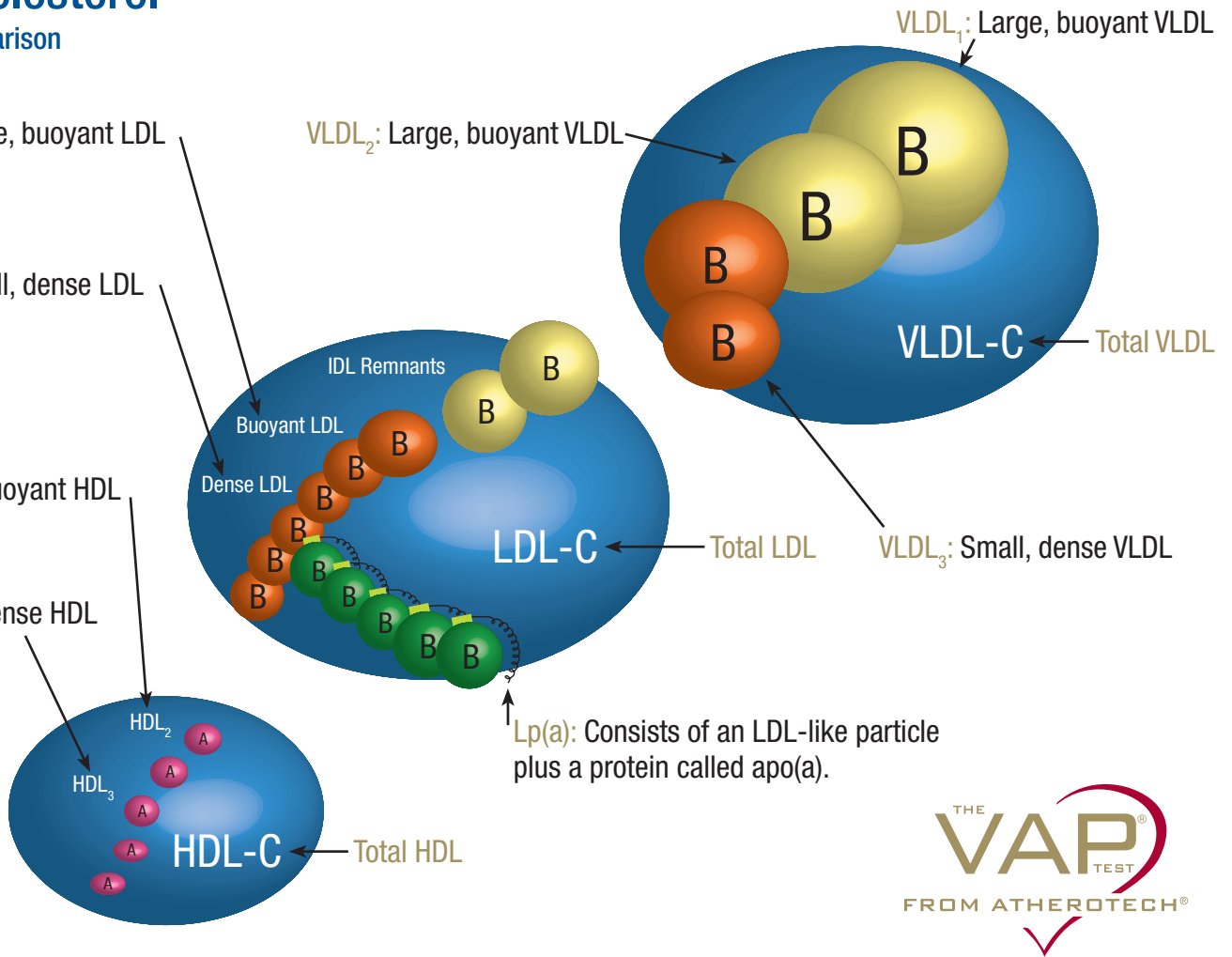
A Visual Comparison

Pattern A: Large, buoyant LDL
“Less Risk”

Pattern B: Small, dense LDL
“Highest Risk”

HDL₂: Large, buoyant HDL

HDL₃: Small, dense HDL



You might be surprised to know that cholesterol in itself isn't bad. In fact, you need a certain amount of cholesterol to remain healthy. Cholesterol comes from two sources: your body and the foods you eat. There are different types of cholesterol. They can be influenced by your food choices, exercise, genetics, and medications. Too much of one type or not enough of

the other can put you at risk for heart attack or stroke. Your Cardiovascular Risk Reduction Educator (CRE) can help you understand the types and amounts of cholesterol in your body based on your VAP® Test results and guide you in making better heart-healthy choices!