Help for Lipid Studies Interpretation

Reported Comments:

1. All reports get this comment (see below for additional information on optimal levels):
"Optimal levels are suggested by the New Zealand Guidelines Group (see www.nzgg.org.nz) though an individualised multi-factorial approach is preferred."

2. All reports get this comment, unless superseded by any one or more of the other comments below:
"Cardiovascular risk should be addressed by lifestyle and pharmacological interventions in subjects with 5-year CV risk greater than 15%."

3. Total cholesterol >8 mmol/L or Total cholesterol/HDL ratio >8:
"Subjects with total cholesterol >8mmol/L or TC:HDL ratio >8 should receive lifestyle intervention and lipid modifying treatment irrespective of their other risk factors."

4. Triglycerides ≥ 10 mmol/L:
"Elevated triglycerides confer risk of acute pancreatitis. Suggest review for secondary causes including obesity, alcohol abuse and glucose intolerance and seek specialist advice as required. HDL and LDL not reported due to possible interference."

5. Triglycerides >5.0 and <10.0 mmol/L:
"Triglycerides >5.0. HDL may be inaccurate. LDL and cholesterol ratio not calculated."

6. HDL-C >2.5 mmol/L:
"Elevated HDL-C is usually considered to be cardio-protective, although is not necessarily protective in all cases. Suggest review in context of full lipid profile and CV risk status and seek specialist advice if required."

7. Fasting not stated:
"LDL-C may not be accurate if subject not truly fasted."

Optimal Levels:

Optimal levels are suggested by the New Zealand Guidelines Group in the evidence based best practice guideline "The Assessment and Management of Cardiovascular Risk", but please note that an individualised multi-factorial approach is preferred.

**Optimal Levels:**

- Total cholesterol < 4 mmol/L
- LDL cholesterol < 2.5 mmol/L
- HDL cholesterol > 1 mmol/L
- TC:HDL ratio < 4.5
- Triglycerides < 1.7 mmol/L
For Further Advice:

For further advice please contact CHL Chemical Pathologists and Lipid Disorders Physicians:

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