

Cholesterol HDL

see also **LDL-cholesterol**, **Lipoprotein electrophoresis**

- **HDL cholesterol**

General:

While LDL transports cholesterol to peripheral tissues, the HDL fractions are necessary for the return transport of excessive cholesterol to the liver. About 25% of the total serum cholesterol is transported in the High-Density Lipoprotein (HDL) class. HDL cholesterol is affected by several factors, e.g. smoking, sports, hormones, gender and age. In contrast to LDL, HDL is a protective factor in the development of coronary heart disease.

Indication: hypercholesterolemia, risk estimation of atherosclerosis (e.g. heart attack), hypertriglyceridemia.

Preanalytics: 12 hours fasting

Material: 1 ml serum

Stability: 7 days at 2 to 8°C

TAT: same day, FML

Units: mg/dl

Method: photometric

Ref.- range: see report

For complete list of laboratory test offered at Freiburg Medical Laboratory, please visit <http://www.fml-dubai.com/parameter-listings/>