

<b>Cholesterol</b>	
<b>Description</b>	Cholesterol is the major sterol in humans, being present in all body cells and most body fluids. The majority of cholesterol in the body is the free unesterified form. Cholesterol has many functions, primarily structural and synthetic.
<b>Indication</b>	Cholesterol measurement is used in monitoring response to lipid modifying therapy and in screening those with cardiovascular disease (CVD), family history of CVD, presence of xanthomas or xanthelasmas, obesity, diabetes mellitus or gout.
<b>Additional Info</b>	<ul style="list-style-type: none"> <li>• LDL cholesterol is not calculated if triglyceride is &gt;4.5mmol/L</li> <li>• For identification and assessment of cardiovascular disease risk, please refer to NICE guidelines CG181 (<a href="http://www.nice.org.uk/guidance/CG181/chapter/1-Recommendations/#/identifying-and-assessing-cardiovascular-disease-cvd-risk-2">http://www.nice.org.uk/guidance/CG181/chapter/1-Recommendations/#/identifying-and-assessing-cardiovascular-disease-cvd-risk-2</a>)</li> <li>• For CVD risk calculation, please refer to JBS3 calculator (<a href="http://www.jbs3risk.com/pages/risk_calculator.htm">http://www.jbs3risk.com/pages/risk_calculator.htm</a>)</li> </ul>
<b>Concurrent Tests</b>	Lipid profile (includes HDL, LDL and triglycerides)
<b>Dietary Requirements</b>	N/A
<b>Interpretation</b>	Total cholesterol $\geq 7.5$ mmol/L and LDL cholesterol $\geq 5.0$ mmol/L with a family history of vascular disease or high cholesterol, please consider the diagnosis of possible familial hypercholesterolaemia. Consult NICE Guideline 71 (2008).
<b>Collection Conditions</b>	Fasting serum sample
<b>Frequency of testing*</b>	<ul style="list-style-type: none"> <li>• Low risk cases for IHD assessment: 3 years</li> <li>• Higher risk cases for IHD assessment and those on stable treatment: 1 year</li> </ul>

\*National Minimum Re-testing Interval Project: A final report detailing consensus recommendations for minimum re-testing intervals for use in Clinical Biochemistry (2013). <http://www.acb.org.uk/docs/default-source/guidelines/acb-mri-recommendations-a4-computer.pdf?sfvrsn=2>