

## HDL-Cholesterol

<b>Description</b>	HDL is measured alongside cholesterol, triglycerides and LDL (calculated) as part of the lipid profile.
<b>Indication</b>	Plasma high density cholesterol (HDL) measurement is used to assist in the detection, diagnosis and control of a variety of disorders of lipid metabolism including familial hypercholesterolaemia and polygenic hypercholesterolaemia.
<b>Additional Info</b>	For an absolute CHD risk calculation, refer to the National Service Framework for Coronary Heart Disease:  <a href="http://www.dh.gov.uk/en/Healthcare/Longtermconditions/Vascular/Coronaryheartdisease/Nationalserviceframework/index.htm">http://www.dh.gov.uk/en/Healthcare/Longtermconditions/Vascular/Coronaryheartdisease/Nationalserviceframework/index.htm</a>
<b>Concurrent Tests</b>	Lipid Profile
<b>Dietary Requirements</b>	Fasting or non-fasting.
<b>Interpretation</b>	High density lipoproteins (HDL) are responsible for the reverse transport of cholesterol from the peripheral cells to the liver. Here, cholesterol, apart from being eliminated as biliary cholesterol, is also transformed to bile acids which are excreted into the intestine via the biliary tract. Monitoring of HDL-cholesterol in serum is of clinical importance since an inverse correlation exists between serum HDL cholesterol concentrations and the risk of atherosclerotic disease. Elevated HDL-cholesterol concentrations are protective against heart disease, whilst reduced levels particularly in conjunction with raised serum triglycerides increases the cardio-vascular risk.
<b>Collection Conditions</b>	Samples can be fasting or non-fasting.
<b>Frequency of testing</b>	As required