

LDL Cholesterol Level	Category
Less than 100 mg/dL	Optimal
100 to 129 mg/dL	Near or above optimal
130 to 159 mg/dL	Borderline high
160 to 189 mg/dL	High
190 mg/dL and above	Very high
HDL Cholesterol Level	Category
Less than 40 mg/dL (for men)	Low HDL cholesterol.
Less than 50 mg/dL (for women)	A major risk factor for heart disease.
60 mg/dL and above	High HDL cholesterol.
Triglyceride Level	Category
Less than 100 mg/dL	Optimal
Less than 150 mg/dL	Normal
150–199 mg/dL	Borderline high
200–499 mg/dL	High
500 mg/dL and above	Very high

National Cholesterol Education Program Guidelines 23

Albert A Gayle



National Cholesterol Education Program Guidelines 23:

Unveiling the Magic of Words: A Overview of "**National Cholesterol Education Program Guidelines 23**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**National Cholesterol Education Program Guidelines 23**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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