

## **High density lipoprotein (HDL) cholesterol**

HDL-cholesterol is measured following the precipitation of the other lipoproteins with a polyanion/divalent cation mixture. Low serum concentrations of HDL-cholesterol are associated with increased risk for CHD. Coronary risk increases markedly in the concentration range of 30-40 mg/dL. A low HDL-cholesterol concentration is below 35 mg/dL. HDL-cholesterol values are also used in the calculation of LDL-cholesterol.

-from *Laboratory Procedures Used for the Third National Health and Nutrition Examination Survey (NHANES III) 1988-1994*  
Elaine W. Gunter, Brenda G. Lewis, and Sharon M. Koncikowski, 1996