

CONVERTER mmol to mg/dL conversions for HDL, LDL and cholesterol

HDL,LDL, cholesterol

mmol/L to mg/dL / by 0.0259 to get mg/dL
mg/dL to mmol/L * by 0.0259 to get mmol/L

HDL,LDL, cholesterol

mmol/L to mg/dL / by 0.0259 to get mg/dL
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Triglycerides

mmol/L to mg/dL / by 0.01129 to get mg/dL
mg/dL to mmol/L * by 0.01129 to get mmol/L

EXAMPLE 1 DAD

Cholesterol	4.2 mmol/L	162.16 mg/dL	
Triglyceride	0.8 mmol/L	70.85 mg/dL	
HDL	1.11 mmol/L	42.85 mg/dL	needs to be >60mg/dL
LDL	2.7 mmol/L	104.24 mg/dL	needs to be <70mg/dL
Chol/HDL Ratio	3.8 mmol/L		

EXAMPLE 2 MUM

Cholesterol	7.6 mmol/L	293.43 mg/dL	
Triglyceride	1.7 mmol/L	150.57 mg/dL	
HDL	1.71 mmol/L	66.02 mg/dL	needs to be >60mg/dL
LDL	5.1 mmol/L	196.91 mg/dL	needs to be <70mg/dL
Chol/HDL Ratio	4.4 mmol/L		

LDL's

Bad Fats and promote atherosclerosis (narrowing of the arteries)

An LDL level of less than 100 mg/dL is optimal for CAD prevention,

A level of 70 mg/dL or less is now recommended for persons with existing heart disease

HDL's

Good Fats and promote opening up of the arteries

> 50 mg/dL (? 1.3 mmol/L) man or >60 mg/dL (? 1.6 mmol/L) in a woman a reduced risk of atherosclerosis.

>75 mg/dL (? 2 mmol/L) man or woman is associated with a very low risk of atherosclerosis.

Less than 40 mg/dL (? 0.8 mmol/L) in a man <50 mg/dL (? 1 mmol/L) in a woman increases the risk.

TRIGLYCERIDES

Reduction of triglycerides to 60 mg/dl.