

CHOLESTEROL -  
HDL, PLASMA

## Orderable - LIPIDS

Turn Around Time: 24 hours

### Alternate Name(s):

High Density Lipoprotein Cholesterol

### Specimen:

Adult	Pediatric
4.5 mL Green (Lithium Heparin) top Vacutainer tube	0-2 years: 0.5 mL Green Microtainer 2-10 years: 3 mL Green top tube

### Collection Information:

12-14 hour fast.

Habitual diet and activity, stable diet over preceding 4 weeks.

No recent illness.

### Reference Ranges:

Cholesterol target levels are dependent upon patient 10-year risk of coronary artery disease (Can J Cardiol 2016). "Cardiovascular Age" and the Framingham Risk Score (FRS). "Cardiovascular Age" and the Framingham Risk Score (FRS) calculation is provided at [https://ccs.ca/app/uploads/2020/12/FRS\\_eng\\_2017\\_fnl\\_greyscale.pdf](https://ccs.ca/app/uploads/2020/12/FRS_eng_2017_fnl_greyscale.pdf)

### Table Treatment Thresholds and Target Lipid Levels\*

Risk Level	Initiate therapy if:	Primary Target LDL-C	Alternate Target
<b>High</b>			
FRS $\geq$ 20%	Consider treatment in all patients	<2.0 mmol/L or <50% decrease LDL-C	Apo B <0.8 g/L Non HDL-C <2.6 mmol/L
<b>Intermediate</b>			



**Laboratory:**  
Core Lab



**Requisition:**  
GENERAL LABORATORY  
REQUISITION



**Method of Analysis:**  
Enzymatic colorimetric



**Test Schedule:**  
As required

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FRS 10%- 19%	LDL-C $\geq$ 3.5 mmol/L	<2 mmol/L or >50% decrease in LDL-C	Apo B <0.80 g/L Non HDL-C <2.6
	Apo B $\geq$ 1.2 g/L or Non- HDL-C $\geq$ 4.3 mmol/L		
<b>Low</b>			
FRS <10%	LDL-C $\geq$ 5.0 mmol/L Familial hyperchole- sterolemia	>50% decrease in LDL-C	

FRS: Framingham Risk Score  
2016 Canadian Cardiovascular Society Guidelines for the management of  
dyslipidemia for the prevention of cardiovascular disease in the adult. Can J Cardiol.  
2016;32:1263-82