

# My Cholesterol Test for Nightline vs One from 1998

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**The story on Nightline shows me getting my cholesterol tested. The actual results are shown below.**

**As I explain in my book, neither total cholesterol nor LDL-C turn out not to be very reliable predictors of heart-attack risk in the great majority of people. More reliable biomarkers are a combination of HDL-C, triglycerides, LDL particle number and LDL size.**

## **MY CHOLESTEROL TEST MARCH 1998**

View the [Canyon Ranch test](#) laboratory report.

Total cholesterol	188 mg/dL
LDL-C	104 mg/dL
HDL-C	62 mg/dL
Triglycerides	134 mg/dL

This test was done when I was at Canyon Ranch, a health spa that emphasized a very low-fat diet. At that point, I had been eating a near-vegetarian diet and exercised (running, biking) for about an hour a day.

## **MY CHOLESTEROL TEST for Nightline, MAY 2014**

View the [2014 Cholesterol Tests](#) laboratory report.

### **Traditional biomarkers:**

Total cholesterol	205 mg/dL
LDL-C	110 mg/dL
HDL-C	82 mg/dL
Triglycerides	67 mg/dL

### **New (better) biomarkers:**

LDL-P (particle number)	1179 umol/L
LDL size	21.6 nm (Large-Pattern A)

Small LDL-P	99 umol/L
HDL-P	40.1 umol/L

All my current numbers look great. My diet is probably about 60% fat (plenty of it saturated), 25% protein and 15% carbohydrates, but that's really just an estimate. On exercise: I haven't had time for it over the past year since I've been working so hard on my book, but I am planning to get back into the habit.

Both sets of results look OK, but **my current ones look better**. My HDL-C and triglycerides have clearly improved. For women, a high total cholesterol is associated with *longer* life (despite what you've heard...), so my level, around 200 mg/dL, seems just fine.

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