

HDL/Cholesterol ratio

HDL percentage is a very potent heart disease risk factor. Just divide your HDL level by your total cholesterol. That percentage should ideally be above 24 percent.

Triglyceride/HDL ratio

You can also do the same thing with your triglycerides and HDL ratio. That percentage should be below 2.

NMR LipoProfile

Large LDL particles are not harmful. Only small dense LDL particles [Lp(a) or particle B] can potentially be a problem, as they can squeeze through the lining of your arteries. If they oxidize, they can cause damage and inflammation.

Some groups, such as the National Lipid Association, are now starting to shift the focus toward LDL particle number instead of total and LDL cholesterol, in order to better assess your heart disease risk.

Once you know your particle size numbers, you and your doctor can develop a more customized program to help manage your risk.