VITALS VAULT

FREE GUIDE

LDL Math Worksheet

Work out your calculated LDL from three numbers and learn when it is less accurate. A direct LDL is measured, so ask which one your report shows.

THE FORMULA

Calculated LDL is total cholesterol minus HDL minus triglycerides divided by 5. It is an estimate, not a measurement. If both a direct and a calculated LDL appear, the source says to use the direct value.

FILL IN YOUR NUMBERS (ROW 1 IS AN EXAMPLE)

Row	Total minus HDL	Triglycerides / 5	Calculated LDL
Example: total 200, HDL 50, trig 100	150	20	130

TICK ANY THAT APPLY TO MY DRAW

- ☐ Triglycerides above 400 mg/dL
- ☐ LDL below about 70 mg/dL
- ☐ Non-fasting sample
- ☐ Diabetes or metabolic syndrome
- ☐ Liver disease
- ☐ Family lipid disorder

QUESTIONS TO ASK

- ☐ Is the LDL on my report calculated or direct?
- ☐ Would a direct LDL be more useful for me?
- ☐ Can I ask for a direct LDL on my next requisition?
- ☐ Do my triglycerides or fasting status affect this number?

Sources: Standard Friedewald equation, from a lab Q&A article. No study cited. General only; it does not say any result is wrong.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com