

Cholesterol testing every time you donate!.

To thank you for donating blood, United Blood Services will perform a “total cholesterol” test on a sample from today’s donation. Your confidential result will be available on our Web site (www.UnitedBloodServices.org) within 7 days of your donation.

What Is Cholesterol Testing?

Cholesterol testing measures a fat-like substance in your blood that, over time, can build up in the walls of your arteries. With high blood cholesterol levels, you have a greater risk of developing heart disease. Knowing your total cholesterol is just one piece of the puzzle in knowing your risk for heart disease.

How Do I Get My Cholesterol Results?

Visit www.UnitedBloodServices.org and click on the link that says “Cholesterol Test Results.” If your total cholesterol level is above 400, United Blood Services will send you a letter. If your total cholesterol is below 400, we will not notify you, but you can check your result on our Web site and share it with your physician.

What Does My Cholesterol Level Mean?

It is recommended that all adults (20 and older) have their cholesterol levels measured and evaluated by a physician once every 5 years. The test the blood center performs does not replace these doctor visits. The best cholesterol test is called a “lipoprotein profile” that measures different types of cholesterol levels and is done after fasting for 12 hours. The blood center does a different test, one that does not require fasting. We use the “total cholesterol” test because it’s important for donors to have a healthy meal before they donate. Our test can give you an idea of your cholesterol levels.

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline High
240 mg/dL and above	High

How Can I Tell If I Am At Risk For Heart Disease?

If your total cholesterol is 200 mg/dL or more, you should share this result with your physician and a lipoprotein profile should be done to further evaluate your risk for coronary heart disease. Even if your total cholesterol is below 200 mg/dL, you should have a lipoprotein profile done through your physician every 5 years. Some individuals with a total cholesterol level less than 200 mg/dL may still be at high risk for heart disease if they have other risk factors like older age, obesity, low physical activity, cigarette smoking, high blood pressure, diabetes, a low HDL cholesterol level, or a family history of premature coronary heart disease. United Blood Services encourages you to discuss your total cholesterol level and possible risk factors with your physician to fully assess your risk of developing heart disease.

For More Information on Cholesterol Testing and Heart Disease

National Heart Lung and Blood Institute: www.nhlbi.nih.gov/health/public/heart/index.htm
American Heart Association: www.americanheart.org

Again, thank you for donating blood. We hope our free cholesterol test is helpful to you.