NOVA · DETAILED REPORT

Detailed Blood Test Analysis

Biochemistry + Lipid Profile · 16 Parameters · 3 Out of Reference

Brief Summary

The analysis reveals moderate deviations in the lipid profile: elevated LDL cholesterol (4.2 mmol/L, reference up to 3.4) and total cholesterol at the upper limit. HDL fraction and triglycerides are within the norm. The fasting glucose level is within reference, reducing the likelihood of carbohydrate metabolism disorders. Other parameters (liver tests, creatinine, total protein) are within normal limits.

16	3	13	mod.
PARAMETERS	OUT OF NORM	IN NORM	RISK

What Each Deviation Means

LDL Cholesterol: 4.2 mmol/L (norm 0–3.4)

LDL is the "bad" cholesterol: it transports cholesterol to tissues and, if excessive, deposits in vessel walls. An increase of 0.8 mmol/L above the limit is not critical but clinically significant. In young and middle-aged individuals, without accompanying risk factors, such values are typically associated with dietary habits in the 2–4 weeks prior to the test.

Total Cholesterol: 5.9 mmol/L (norm up to 5.2)

This is logically related to the previous one: an increase in LDL directly raises total cholesterol. If LDL decreases, the total level will also normalize without additional measures.

Triglycerides: 1.4 mmol/L — within norm

A normal triglyceride level amidst elevated LDL is a good prognostic sign. Generally, this suggests that fat metabolism is not impaired, and the increase in LDL is more likely alimentary (related to diet) than metabolic.

> **CONTEXT**
>
> Each 1 mmol/L reduction in LDL in the long term decreases the risk of cardiovascular events by roughly 22% (meta-analysis CTT, 2010).

Connections Between Parameters

The overall context is important: high LDL + normal HDL + normal triglycerides + normal glucose = a typical pattern of "alimentary" (dietary) cholesterol elevation. In practice, this is the mildest form of dyslipidemia, typically discussed with a doctor for lifestyle adjustments without medication.

Liver enzymes (ALT, AST), creatinine, and total protein — all are normal, indicating no signs of liver or kidney function impairment that could further affect lipid metabolism.

What Usually Helps

General approaches that research shows have a significant impact on the lipid profile:

- **Soluble fiber** (oats, legumes, apples) — typically reduces LDL by 5–10%.
- **Reducing saturated fats** in the diet (fatty meats, butter, palm oil in foods).
- **Aerobic activity** of 150 minutes per week — reduces LDL by 5–10% and raises HDL.
- **Weight loss** of 5–10% from baseline — improves both lipid profile and blood pressure.

This is general information, not a personal prescription — a specific plan with a doctor will be more accurate.

When to Repeat

If it's decided to monitor without medication adjustment — a repeat test usually makes sense after 8–12 weeks. Earlier testing is not useful: LDL levels stabilize within a month and won’t reflect dietary changes. It is also possible to additionally test **ApoB** and **Lp(a)** — these are more precise markers of cardiovascular risk.

When to See a Doctor

Non-urgent — it’s worth discussing with a therapist/cardiologist if:

- after 3 months of lifestyle adjustments, LDL remains above 4.0 mmol/L;
- there is a family history of early heart attacks/strokes (before 55 in men, before 65 in women);
- blood pressure at home is consistently above 135/85;

- new symptoms arise (shortness of breath during exertion, pressure sensations behind the sternum, irregular heartbeats).

> **WHEN URGENT**
>
> Acute chest pain lasting more than 5 minutes, shortness of breath at rest, fainting, sudden weakness on one side of the body or sudden speech impairment — these are reasons to call for emergency help, rather than waiting for a scheduled appointment.

Frequently Asked Questions

Can Cholesterol Be "Eaten"?

Only partially. On average, 70–80% of cholesterol is produced by the liver itself, and its level depends more on saturated fats and the overall dietary profile than on dietary cholesterol directly.

Should Eggs Be Avoided?

Modern recommendations do not prohibit eggs for healthy adults. 1–2 eggs per day do not show significant impact on LDL in most studies.

Parameters

Parameter	Value	Reference	Status
Total Cholesterol	5.9 mmol/L	0–5.2	↑ above
LDL Cholesterol	4.2 mmol/L	0–3.4	↑ above
HDL Cholesterol	1.2 mmol/L	1.0–2.0	in range
Triglycerides	1.4 mmol/L	0–1.7	in range
Fasting Glucose	4.8 mmol/L	3.9–5.6	in range
ALT	28 U/L	0–41	in range

Parameter	Value	Reference	Status
AST	24 U/L	0–40	in range
Creatinine	82 µmol/L	62–106	in range
Total Protein	72 g/L	64–83	in range
Total Bilirubin	14 µmol/L	3.4–20.5	in range
ApoB / ApoA1 not tested	—	—	info

NEXT STEP

Questions about this report?

Talk to a personal AI consultant 1-on-1 — answers based only on your specific results, in plain language, with no fluff.

Open chat consultation

Instant access after payment · Private dialog · No subscription

This report is for informational purposes only and does not replace an in-person medical consultation. No diagnoses or prescriptions are given here: nothing in this report is a basis for starting, stopping or changing medication on your own. If you have alarming symptoms, sharp deviations, or a worsening condition, see a specialist.