

**Name of the test:**

HDL (High Density Lipoprotein) Test

**Alternative name(s) of the test:**

HDL-C test.

**What this test is used for:**

The test is used to measure the HDL levels in the blood. HDL is a lipoprotein, which is often called "good cholesterol", because it can decrease the risk of developing atherosclerosis and heart disease.

**When the test is ordered:**

The HDL test is ordered to evaluate the risk of developing cardiovascular disease. The test can be performed for screening in patients who have other known risk factors (family history of heart disease, age greater than 45 years old, obesity, smoking, etc.) and for monitoring the patients who are already undergoing the treatment for high cholesterol levels or heart disease.

**How this test is performed:**

A blood sample is needed for the test. It can be taken from a vein or from a fingertip.

**How to prepare for the test:**

Usually fasting is required several hours prior to the test. Consult with your doctor to learn the exact details about the preparation needed.

**Interpretation of results:**

Generally, low HDL is a risk factor for atherosclerosis and heart attacks, while high HDL lowers the risk of developing heart disease. Other risk factors are also taken into account for evaluation of the overall risk. It is essential to consult with your doctor in order to correctly interpret the test results.