WITHIN-DAY
- Cholesterol can vary about 2-3% within the same day. Cholesterol decreases temporarily in response to severe pain, surgery, and short-term physical strain.

DAY-TO-DAY
- Total cholesterol, LDL, and HDL may vary 3-5% day-to-day. Cholesterol levels also tend to be higher in the winter months, varying as much as 12%.

AGE and GENDER
- Under age 20: females tend to have higher cholesterol. Age 20-45: males tend to have higher cholesterol.

POSTURE
- Cholesterol can decrease significantly, up to 10-15%, after a person has been sitting for 5 minutes.

FINGERSTICK vs. VENOUS
- Total cholesterol measured from capillary plasma via fingerstick tends to run 2-4% higher than venous plasma cholesterol.

PREGNANCY
- Cholesterol levels increase by as much as 20-35% during pregnancy because of increases in LDL and VLDL.

ALTEDERED GLUCOSE METABOLISM
- Insulin resistance, metabolic syndrome, and type 2 diabetes are associated with elevations in triglycerides and low levels of HDL.

SMOKING
- Smoking can decrease HDL as much as 13%.

MEDICATION
- Steroids, progestin, retinoids, beta blockers, and diuretics can affect results.

CALIBRATION OF EQUIPMENT:
- The equipment Healthy Hearts uses is calibrated to Roche Medical devices. If your lab uses a different brand, calibration may be different.