

P) Cholesterol Level Conversion



In the UK cholesterol levels are measured in mmol per litre. However, if you have your cholesterol levels tested in Europe or USA, your result will be measured in mg per deci-litre. To convert from one to the other please use the following formula:-

Cholesterol mg/dl (Total, LDL and HDL) = mmol/l x 38.6

Cholesterol mmol/l (Total, LDL and HDL) = mg/dl ÷ 38.6

To convert triglyceride levels:-

Triglyceride mg/dl = mmol/l x 88.5

Triglyceride mmol/l = mg/dl ÷ 88.5