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We all know that some cholesterol is good for health. But higher cholesterol levels can interfere with the normal functioning of the body and can become a reason for various life threatening diseases like heart diseases. Hence, there is nothing to hesitate in getting your cholesterol levels checked on a regular basis so as to ensure that you are healthy.

Cholesterol test can now be conducted along with the routine overall check up of a person. You can have your cholesterol levels checked in a medical centre or you can even perform your own cholesterol test by making use of a testing kit. This will help you monitoring the cholesterol levels of your body on a regular basis.

In order to conduct a cholesterol test, a sample of your blood will be taken which will be checked for the levels of cholesterol and triglycerides that are present in the serum. The results of a cholesterol test are not really used to detect or to monitor a disease. In fact, these test results are used more as a kind of evaluating tool to ascertain the risk of heart diseases faced by an individual. Preparing for a cholesterol test and conducting the same is considered to be a part of the preventive health care treatment. This is because high cholesterol levels are known to be associated with diseases of the heart with an increased death risk due to heart attack or heart failure.

It is highly recommended that a person who is more than 20 years of age should go for testing of his cholesterol levels, once in every five years. However, if a person has been suffering from any kind of cholesterol related disease or is on a special cholesterol free diet then he must get his cholesterol checked frequently.

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For more information on a cholesterol levels, check out the info available online; these will help you learn to find the a cholesterol test!

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