

# Lipid Screening Guidelines - Adult

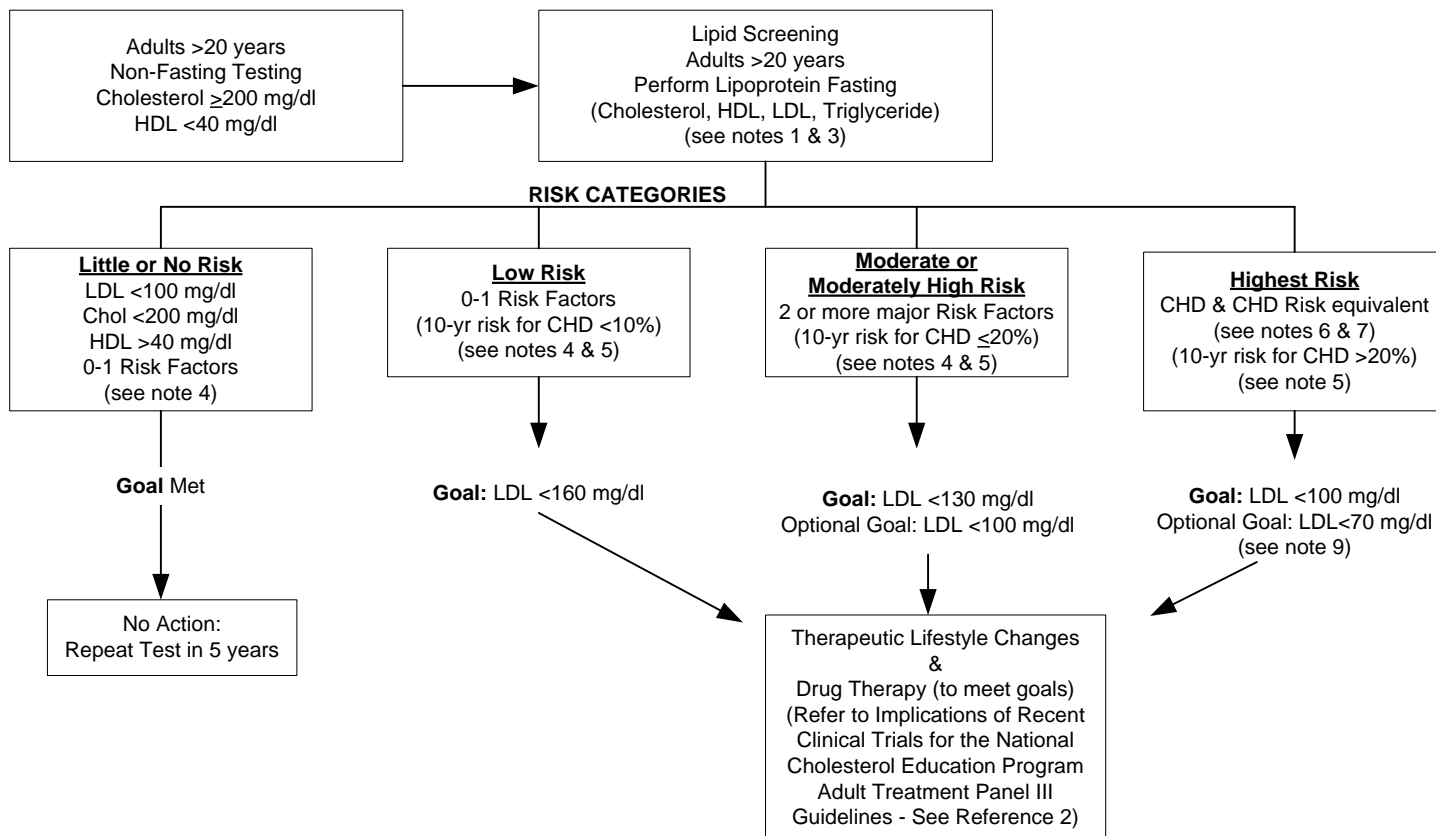
Washington State Clinical Laboratory Advisory Council

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**FOR EDUCATIONAL PURPOSES ONLY**

The individual clinician is in the best position to determine which tests are most appropriate for a particular patient.



## NOTES:

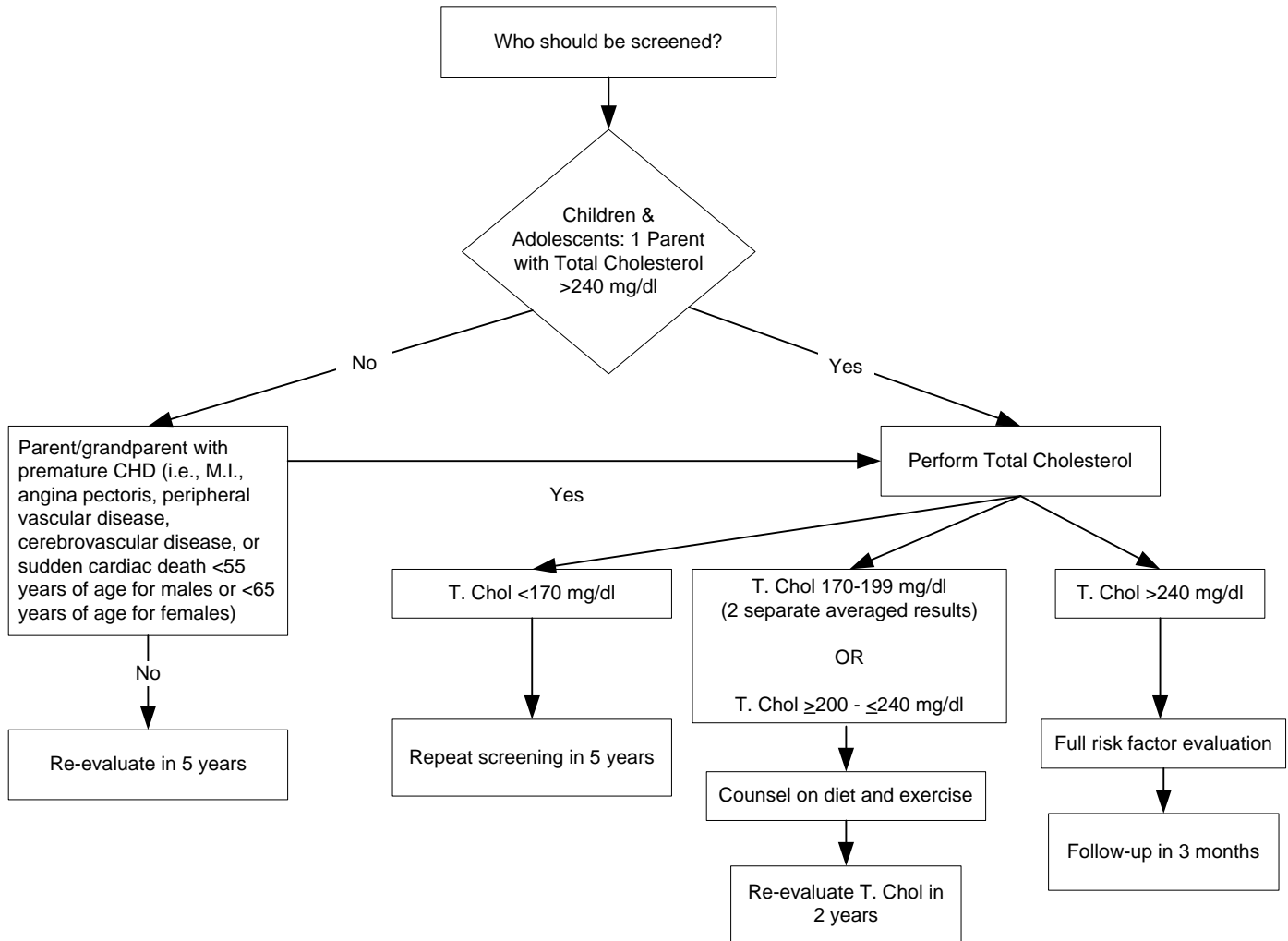
- Before action is taken, average at least 2 measurements.
- Eliminate secondary dyslipidemia before initiating lipid lowering therapies.
  - Diabetes
  - Hypothyroidism
  - Obstructive liver disease
  - Chronic renal failure
  - Drugs that increase LDL cholesterol and decrease HDL cholesterol (progestins, anabolic steroids, and corticosteroids).
- Consider other risk factors and emerging risk factors such as obesity, physical inactivity, atherogenic diet, Lipoprotein (a), homocysteine, prothrombotic and pro-inflammatory factors, impaired fasting glucose, and evidence of subclinical atherosclerotic disease.
- Major risk factors (exclusive of LDL cholesterol) that modify LDL goals:
  - Cigarette Smoking
  - Hypertension (blood pressure  $\geq 140/90$  mm Hg or on antihypertensive medication)
  - Low HDL cholesterol ( $<40$  mg/dl)
  - Family history of premature CHD (CHD in male first-degree relative  $<55$  yrs; CHD in female first-degree relative  $<65$  yrs)
  - Age (Men  $\geq 45$  yrs; women  $\geq 55$  yrs).
- Electronic 10-year risk calculators are available at [www.nhlbi.nih.gov/guidelines/cholesterol](http://www.nhlbi.nih.gov/guidelines/cholesterol).
- CHD includes history of myocardial infarction, unstable angina, stable angina, coronary artery procedures (angioplasty, or bypass surgery), or evidence of clinically significant myocardial ischemia.
- CHD risk equivalents include clinical manifestations of noncoronary forms of atherosclerotic disease (peripheral arterial disease, abdominal aortic aneurysm, and carotid artery disease [transient ischemic attacks or stroke of carotid origin or  $>50\%$  obstruction of a carotid artery]), diabetes, and 2+ risk factors with 10-year risk for hard CHD  $<20\%$ .
- For those without CHD, but with 2 or more risk factors and a 10-year risk between 10-20%, LDL  $<100$  mg/dl is the optional goal.
- Very high risk favors the optional LDL-C goal of  $<70$  mg/dl, and in patients with high triglycerides, non-HDL-C  $<100$  mg/dl.

# Lipid Screening Guidelines - Children and Adolescent

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## References:

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