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Dyslipidemia Pocketcard Set

Dyslipidemia pocketcard Set	
National Cholesterol Education Program ATP III Guidelines	
1. Determine lipoprotein levels – obtain complete lipoprotein profile after 12-14-hour Fast.	
ATP III Classification of LDL, Total, and HDL Cholesterol (mg/dL)	
LDL Cholesterol – Primary target of therapeutic intervention	
Optimal	< 100 Desirable < 200 Low < 40
Near optimal/desirable	100-129 Borderline high 200-239 High > 240
Borderline high	129-159 High > 240
High	160-199
Very high	> 200
2. Identify presence of clinical atherosclerotic disease that confers high risk for coronary heart disease (CHD) events (CHD risk equivalent):	
Clinical CHD	
• Symptomatic coronary artery disease	
• Diabetes mellitus (Note: In ATP III, diabetes is regarded as a CHD risk equivalent)	
• Peripheral arterial disease	
• Abdominal aortic aneurysm	
3. Determine presence of major risk factors (other than LDL):	
Major Risk Factors (Exclusive of LDL Cholesterol) That Modify LDL Goals	
• Current or smoking	
• Hypertension (BP ≥ 160/90 mmHg or on antihypertensive medication)	
• Low HDL cholesterol (< 40 mg/dL)	
• History of previous CHD (e.g., MI, angina, etc.) or stroke (in female > 65 years)	
• Age (men > 45 years, women > 55 years)	
4. If 2 or more risk factors (other than LDL) are present without CHD or CHD risk equivalent, assess 10-year (short-term) CHD risk (see Framingham tables).	
5. Determine risk category:	
• Initiation LDL goal of therapy • Set a time goal to decrease LDL cholesterol (LDL-C)	
• Determine level for drug treatment on	
LDL Cholesterol Goal and Schedule for Therapeutic Lifestyle Changes (TLC) and Drug Therapy in Different Risk Categories	
Risk Category	
CHD or CHD Risk Equivalent	
10-year risk > 20%	
LDL-C goal	
< 100 mg/dL	
Consider drug therapy	
2+ Risk Factors	
10-year risk 10-20%	
LDL-C goal	
< 130 mg/dL	
Consider drug therapy	
1 Risk Factor	
10-year risk < 10%	
LDL-C goal	
< 160 mg/dL	
Consider drug therapy	
0 Risk Factors	
10-year risk < 10%	
LDL-C goal	
< 190 mg/dL	
Consider drug therapy	
6. Institute therapeutic lifestyle changes (TLC) if LDL is above goal.	
TLC features:	
• Diet	
• Saturated fat < 7% of calories, cholesterol < 300 mg/day	
• Consider increased viscous (soluble) fiber (5-25 g/day) and plant sterosterols	
• 25 g/day of plant sterols, options to enhance LDL lowering	
• Weight management	
• Increased physical activity	



Synopsis

The Dyslipidemia pocketcard Set has all the relevant information for the diagnostic evaluation and treatment of dyslipidemia.: * Risk factors for the development of cardiovascular disease including risk stratified guidelines for therapeutic lifestyle changes and drug therapy * Prescribing information for the most common lipid-lowering drugs including dosing, side effects, and contraindications * Framingham Risk Score calculator for the estimation of CHD risks over the next 10 years

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Customer Reviews

It is Ok, more for a nurse or MA working in the CV office helps with questions, on the points for high risk.

Valuable resource

good

Very useful

This is a great resource as I use it all the time in my practice. I can't remember everything and this is something I always pull out of my drawer to have available as a resource tool.

Easy resource to view on the fly

It would be more helpful if the cards could be disconnected; but good content. Prob would not use in everyday practice.

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