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Cholesterol

Guidelines

# **New Cholesterol Guidelines**

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**New Cholesterol**  
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## Cholesterol Guidelines

The new cholesterol guidelines from the American College of Cardiology and American Heart Association are out! These guidelines — last updated in 2013 — have been highly anticipated by the cardiology and broader medical community. They have been approved by a variety of additional professional societies,

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including the American  
Diabetes Association.

**The new cholesterol  
guidelines: What  
you need to know ...**

New guidelines:  
Cholesterol should be  
on everyone's radar,  
beginning early in life.  
By American Heart  
Association News.  
(Scott Bodell for  
American Heart  
Association) Exposure  
to high blood  
cholesterol over a

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lifetime can increase the risk for heart attack or stroke, and new scientific guidelines say managing this waxy, fat-like substance in the ...

**New guidelines:  
Cholesterol should  
be on everyone's  
radar ...**

For years, the American College of Cardiology (ACC) and the American Heart Association (AHA) have

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Cholesterol Guidelines

maintained a set of cholesterol guidelines that are used by doctors—and the public—to measure heart health. In November 2018, the two organizations—working in tandem with 10 other scientific organizations—updated those guidelines.

**What do the new cholesterol guidelines mean? A**

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November 28, 2018,

12:57 pm Chris

Crawford - On Nov. 10,

the American Heart

Association (AHA) and

the American College

of Cardiology (ACC)

released a new

cholesterol guideline

that includes, among...

**AHA/ACC Issue New**

**Cholesterol**

**Management**

**Guideline**

Why are the new



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Cholesterol  
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guidelines important  
for me to understand?

Although these are  
desirable levels, the  
new guidelines take a  
more individualized  
approach to  
cholesterol, according  
to Dr. Janice Huang, a  
general cardiologist  
with UCHealth  
Memorial Hospital in  
Colorado Springs.  
“Instead of setting a  
numeric cutoff for  
cholesterol for  
initiation of treatment,

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we are using risk instead,” she said.

### **What should I know about new cholesterol guidelines ...**

2018 Cholesterol Guidelines. Statin treatment groups. (1) Clinical ASCVD, (2) diabetes mellitus with LDL-C  $\geq 70$  mg/dL, (3) 40–75 y of age with LDL-C 70–189 mg/dL and 10-y ASCVD risk  $\geq 7.5\%$ , and (4) severe

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hypercholesterolemia  
(LDL-C  $\geq$  190 mg/dL)

Unchanged. Secondary  
prevention LDL-C  
threshold.

**The New 2018  
Cholesterol  
Guidelines |  
Circulation**

The new 2018  
AHA/ACC Guideline on  
the Management of  
Blood Cholesterol  
allows for more  
personalized care for  
patients compared to

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Cholesterol  
Guideline  
its 2013 predecessor.

Among the biggest changes: more detailed risk assessments and new cholesterol-lowering drug options for people at the highest risk for cardiovascular disease.

**New AHA/ACC  
Cholesterol  
Guideline Allows For  
More ...**

The American College  
of Cardiology and the  
American Heart

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Association published a new guideline for the management of cholesterol in November 2018. The guideline was developed by a distinguished group of experts and endorsed by 10 other respected professional organizations.

**New 2018 Guideline  
on the Management  
of Blood Cholesterol**

...

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(CNN) New cholesterol guidelines recommend a more personalized approach in risk assessments, a returned focus on LDL target levels and new drug options for those at highest risk for cardiovascular...

**New cholesterol guidelines offer a more personalized approach**

The 2018 guideline narrows the use of the

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atherosclerotic  
cardiovascular disease  
(ASCVD) risk  
calculator, provides  
more guidance on the  
use of risk-enhancing  
factors in making statin  
therapy...

**Cholesterol  
Management:  
ACC/AHA Updates  
Guideline ...**

As a guide, your non-  
HDL cholesterol should  
be lower than 4mmol/L  
and your total

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cholesterol should be 5mmol/L or less. The good news is that there's no need to fast before the non-HDL cholesterol test, as you may have had to do for previous cholesterol tests. More useful information

### **Understanding the new cholesterol guidelines | BHF**

“There is no lower limit of LDL cholesterol that is known to be unsafe,”



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the guidelines state.

Key highlights. New additions to the guidelines are listed here. New LDL-C target ; Statins are recommended (class I) for primary prevention according to risk level in people age 75 years or less. Changes from 2016 guidelines are listed here.

**ESC 2019 – Updated cholesterol guidelines; go for a**

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**new ...**

Published: November 10, 2018 The 2018 guideline addresses the practical management of patients with high blood cholesterol and related disorders. Recommendations are based on the best available evidence from randomized controlled trials of cholesterol-lowering therapies and other sources of evidence.

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**2018 Guideline on  
the Management of  
Blood Cholesterol ...**

A 'lifespan' approach  
The new guidelines  
include

recommendations for  
cholesterol testing for  
kids as early as 2 years  
old who have a family  
history of heart disease  
or high cholesterol.

"They also  
acknowledge that  
treating high-risk  
patients over 75 and

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under 40 may be appropriate in some circumstance," Dr. Nissen says.

## **New Cholesterol Guidelines Emphasize Lowering LDL Levels ...**

The following are key perspectives from the 2018 multisociety Guideline on the Management of Blood Cholesterol, based on the Top Ten Take Home Messages

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selected by the Writing Committee. The 2018 guideline emphasizes reducing risk of atherosclerotic cardiovascular disease (ASCVD) through lipid management.

**2018 AHA/ACC  
Multisociety  
Guideline on the  
Management of ...**

Since the 2013 ACC/AHA cholesterol guideline, newer cholesterol-lowering

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agents (nonstatin drugs) have been introduced and subjected to RCTs. They include ezetimibe and PCSK9 inhibitors, and their use is limited mainly to secondary prevention in patients at very high-risk of new atherosclerotic cardiovascular disease (ASCVD) events.

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**Cholesterol**  
SATURDAY, Nov. 10, 2018 (HealthDay News) -- A lifelong approach to lowering cholesterol, starting in some kids as young as 2, is the United States' best bet to lower everyone's risk of heart attack...

**New Cholesterol Guidelines Focus on Personalized Approach ...**

High cholesterol is a key contributor toward

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an individual's

cardiovascular disease risk. Health care providers are now using a new set of guidelines published in November 2018 that may change ...

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