

panel-III guideline

Risk category	LDL-C mg/dL	Non-HDL-C ^b mg/dL	LDL-C level at which to start TLC mg/dL	LDL-C level at which to consider drug therapy
CHD or CHD risk equivalents (10-year risk >20%)	<100	<130	≥100	≥130 mg/dL (100-129 mg/dL: Drug optional) ^a
2+ risk factors ^c (10-year risk >20%)	<130	<160	≥130	10-year risk 10-20%: ≥130 mg/dL 10-year risk <10%: ≥160 mg/dL
0-1 risk factor ^d	<160	<190	≥160	≥190 mg/dL (160-189 mg/dL: LDL)

^aSome authorities recommend use of LDL-lowering drugs in this category if an LDL cholesterol <100 mg/dL cannot be achieved by therapeutic lifestyle changes. Others prefer use of drugs that primarily modify triglycerides and HDL, e.g., niacin or fibrates. Clinical judgment also may call for deferring drug therapy in this subcategory. ^bAlmost all people with 0-1 risk factor have a 10-year risk <10%, thus 10-year risk assessment in people with 0-1 risk factor is not necessary. ^cNon-HDL-C is used as secondary target when the HDL-C goal is achieved after and TG remain ≥200 mg/dL. ^dRisk factors: Smoking, hypertension ≥140/90 mmHg, low HDL-C (<40 mg/dL), premature CHD (males <55 years; females <65 years) in first degree relative, age (men ≥45 years and women ≥55 years), CHD: Coronary heart disease, LDL: Low density lipoprotein, HDL: High density lipoprotein, TLC: Therapeutic lifestyle modification

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M Carnoy



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