

# Best Practice Guideline

## Hyperlipidemia

### I. Diagnosis and Screening

- a. Fasting lipid profile
- b. Exclusions
  - i. Age <21
  - ii. Congestive Heart Failure (Class II, III, or IV)
  - iii. ESRD on Dialysis
- c. Risk calculator: [Cardiovascular Disease Risk Calculator](#)

### II. Treatment

Patient Demographics	Intensity of Therapy Recommended
History of cardiovascular disease	High intensity statin therapy
Patients with LDL $\geq$ 190	High intensity statin therapy
Patients with DM1 or DM2 Age 40-75 10 year risk of ASCVD $\geq$ 7.5%	High intensity statin therapy
History of cardiovascular disease	High intensity statin therapy

Patient Demographics	Intensity of Therapy Recommended
Patients 40-75 years with 10 year risk of ASCVD $\geq$ 7.5%	Moderate OR high intensity statin therapy
Patients 40-75 years with 10 year risk of ASCVD < 7.5%	No therapy

Patients >75 years Primary Prevention	No recommendation
Patients >75 years Secondary Prevention	Moderate intensity statin therapy

**a. Definition of statin intensity therapy**

Intensity level	Statin Choices
High	Atorvastatin 40-80mg/day
	Rosuvastatin 20-40mg/day
Moderate	Atorvastatin 10-20mg/day
	Rosuvastatin 5-10mg/day
	Simvastatin 20-40mg/day
	Pravastatin 40-80mg
	Lovastatin 40mg/day
	Extended release Fluvastatin 80mg/day
	Fluvastatin 40mg twice daily
Pitavastatin 2-4mg/day	

**b. Role of Non-Statin Cholesterol Medications**

- i. Only if patients are intolerant to all statins
- ii. Not to be used with statin therapy to reach an LDL goal

**c. Goals of Therapy**

- i. Titrate statin dose to appropriate goal based on risk factors
- ii. Patient tolerance
- iii. LDL <100 for cardiac and diabetic patients for now (due to current quality measures)

### **III. Surveillance / Follow-up Interval**

- a. Lipid profiles - Baseline, 2-3 months after dose change, then yearly
- b. Liver function test - Baseline, 2-3 months after dose change, then yearly
- c. CPK - Consider at baseline; prn symptoms of myalgias
- d. Patients Already on Statins
  - iv. Reassess patient risk factors as outlined above
  - v. Change statin therapy if not at intensity goal outlined above

### **References:**

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