



Goals for Therapy Using LDL Cholesterol Levels

| Risk Group | LDL Cholesterol Goal (mg/dL) | Initiate TLC (mg/dL) | Consider Drug Therapy (mg/dL) |
|---|------------------------------|----------------------|---|
| High risk | | | |
| CHD* or CHD risk equivalents† (10-year risk >20%) | <100 (optional goal <70) | ≥100‡ | ≥100 (<100 consider drug options)§ |
| Moderately high risk | | | |
| ≥2 risk factors¶ (10-year risk 10%-20%) | <130 (optional goal <100) | ≥130‡ | ≥130 (100-129 consider drug options) |
| Moderate risk | | | |
| ≥2 risk factors¶ (10-year risk <10%) | <130 | ≥130 | ≥160 |
| Lower risk | | | |
| 0-1 risk factor** | <160 | ≥160 | ≥190 (160-189 LDL-C-lowering drug optional) |

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 atherosclerosis (PVD, AAA, and carotid disease; diabetes, and ≥2 risk factors with 10-year risk for CHD >20%).

‡ Any person at high risk or moderately high risk who has lifestyle-related risk factors (obesity, physical inactivity, elevated triglycerides, low HDL-C, or metabolic syndrome) is a candidate for TLC to modify these risk factors regardless of LDL-C level.

§ If baseline LDL-C is < 100 mg/dL, institution of an LDL-lowering drug is a therapeutic option on the basis of available clinical trial results. If a high-risk person has high triglycerides and low HDL-C, combining a fibrate or nicotinic acid with an LDL-C lowering drug can be considered.

|| For moderately high-risk persons, when LDL-C level is 100-129 mg/dL, at baseline or on lifestyle therapy, initiation of an LDL-C lowering drug to achieve an LDL-C level <100 mg/dL is a therapeutic option on the basis of available clinical trial results.

¶ Risk factors include cigarette smoking, HTN (BP ≥140/90 mm Hg or on medication), low HDL-C (<40 mg/dL), family history of premature CHD (<55 years of first-degree male relative and <65 years female), age (men ≥45 years; women ≥55 years).

** Almost all persons with 0 or 1 risk factor have a 10-year risk <10%, and thus a 10-year risk assessment is not necessary.

AAA = abdominal aortic aneurysm; CHD = coronary heart disease; HDL = high-density lipoprotein; HTN = hypertension; LDL = low-density lipoprotein; PVD = peripheral vascular disease; TLC = therapeutic lifestyle changes.

Table from *Physicians Information and Education Resource (PIER)*, Lipid Disorders (Dyslipidemia) module.