

## Dyslipidemia and prevention of CVD: 2003 update

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Lipid target values should be based on a patient's 10-year CVD risk assessment. Refer to Canadian Hypercholesterolemia Working Group recommendations in CMAJ 2003: 169(9):921-924.

### Screen:

Men > 40 years and postmenopausal women > 50 years  
Diabetes, Hypertension, Smoking, Abdominal Obesity  
Strong Family History of Premature Cardiovascular Disease  
Hyperlipidemia with xanthelasma, xanthoma, arcus comeae  
Atherosclerosis (symptomatic or asymptomatic)

### TARGET Values

<b>RISK</b>	<b>LDL</b> mmol/L	<b>Chol/HDL</b> <b>Ratio</b>	<b>Apolipoprotein B</b> g/L	<b>Other Testing</b>
<i>High</i> 10-year CVD risk $\geq$ 20% Diabetes CKD Dialysis	< 2.5	< 4	< 0.9	
<i>Moderate</i> 10-year CVD risk 11–19%	< 3.5	< 5	< 1.05	<b>hs-CRP</b> CV Risk is: Low < 1 g/L Elevated > 3 g/L
<i>Low</i> 10-year CVD risk $\leq$ 10%	< 4.5	< 6	< 1.2	

Note: Apolipoprotein B testing is not widely available at the present time.

### Metabolic Syndrome is defined by $\geq$ 3 of the following:

Obesity	waist circumference: men > 102 cm (40"); women > 88 cm (35")
Triglycerides	$\geq$ 1.7 mmol/L
HDL	< 1.0 (men) or < 1.3 (women) mmol/L
Blood Pressure	$\geq$ 130/85 mm Hg
Fasting Glucose	6.2 – 7.0 mmol/L