

## **HYPERLIPIDEMIA CLINICAL PRACTICE GUIDELINES**

The following guidelines are applicable for patients age 18 and older who have a diagnosis of Hyperlipidemia. For these patients, their medical record will contain documentation of the following:

1. Clinical assessments including:
  - a. Blood pressure (goal <140/90, ideal <130/80)
  - b. A fasting lipid profile, including total cholesterol, LDL, HDL and triglycerides
  - c. LDL goal value < 100 mg/dl, ideal 70 mg/dl
  - d. HDL goal value for men >40 and women >50
  - e. Triglycerides goal is <150
  - f. HbA1C goal of <7 for all diabetic patients
2. Medication
  - a. Initiate a statin in patients who have a history of CAD or diabetes- if patients unable to take statins then bile acid sequestrants, niacin, fibric acids and ezetimibe can be used
  - b. ASA
3. Precautionary measures including:
  - a. Patient education about signs and symptoms of MI and stroke
  - b. Patients carrying an up-to-date medication list
4. Assessment of lifestyle habits, including:
  - a. Smoking status
  - b. Physical activity and exercise
5. Nutritional counseling, including:
  - a. Maintenance of a healthy BMI between 18.5 and 24.9
  - b. Waist measurement goal men less than 40 inches, women less than 35 inches
  - c. Instructions to follow a heart healthy diet
  - d. Referral to a nutritionist or dietitian, as needed
6. Patients 19-64 years of age who smoke to be evaluated for the pneumococcal vaccine
7. Influenza vaccine having been provided with the past year

*Source: NHLBI/NIH-Third Report of the National Cholesterol Education Program Expert Panel on Detection, Evaluation and Treatment of High Blood Cholesterol in Adults*