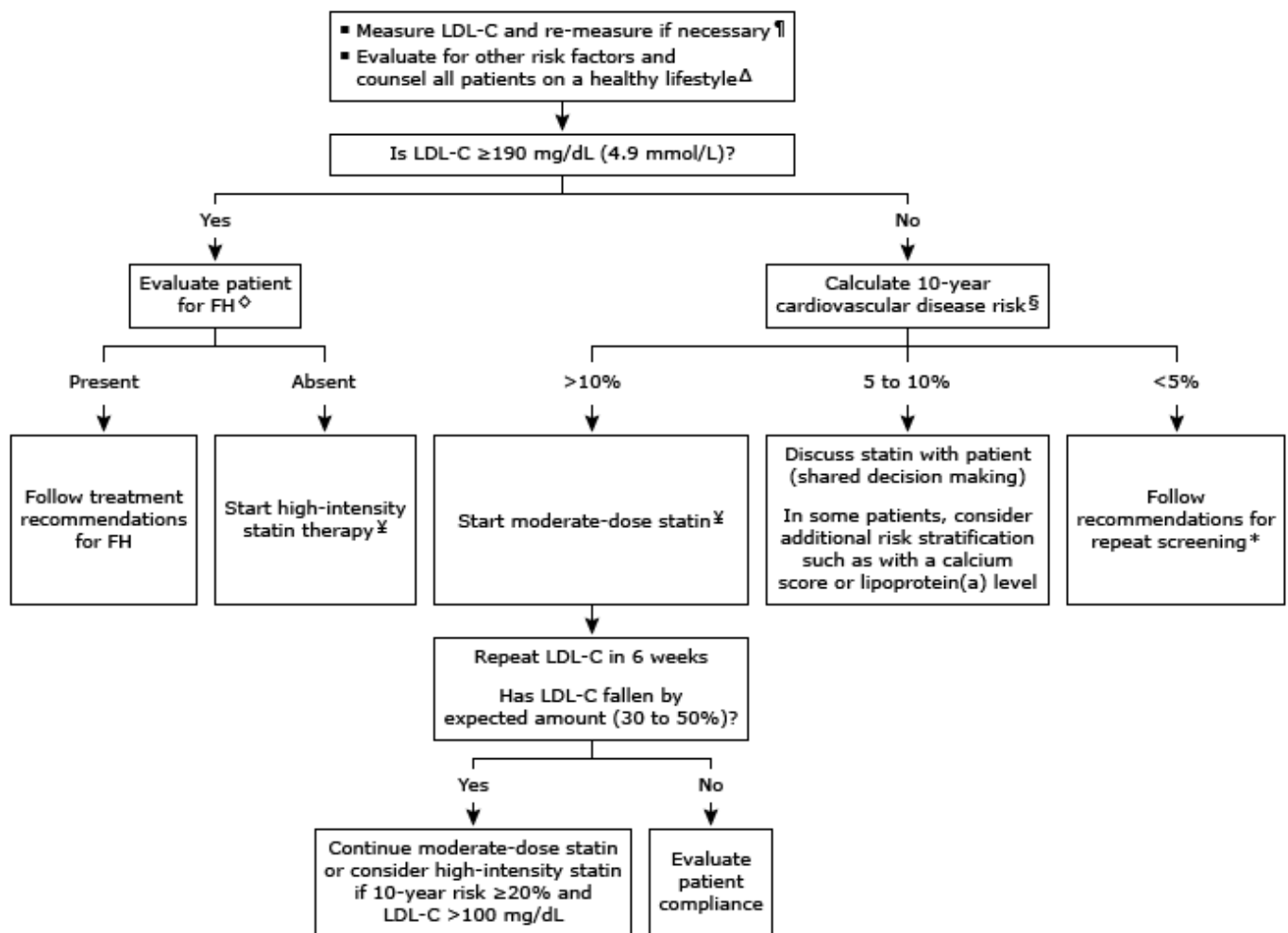


Algorithm for the management of elevated low density lipoprotein cholesterol in adults without cardiovascular disease*



This algorithm applies to all adult men and women between the ages of 18 and 75 years.

LDL-C: low density lipoprotein cholesterol; FH: familial hypercholesterolemia.

* Recommendations for screening are found elsewhere.

¶ We recommend that decisions regarding the initiation of LDL-C interventions be made only after two baseline values have been recorded.

Δ All adults, irrespective of LDL-C, should receive counseling on the benefits of a healthy lifestyle and should be evaluated for the presence of diabetes, hypertension, and smoking.

◇ Refer to the UpToDate topics on the evaluation of patients for familial hypercholesterolemia for more information.

§ Recommendations for the use of risk calculators are found elsewhere.

¥ High-dose statin = atorvastatin 40 to 80 mg once daily; rosuvastatin 20 to 40 mg once daily. Moderate-dose statin = atorvastatin 10 to 20 mg once daily; lovastatin 40 mg once daily; pravastatin 40 mg once daily; rosuvastatin 5 to 10 mg daily; simvastatin 40 mg once daily.

