

Many not treated according to 2013 cholesterol guidelines

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(HealthDay)—Many patients are not being treated in accordance with the 2013 American College of Cardiology/American Heart Association (ACC/AHA) cholesterol guidelines, according to a study published in the Dec. 2 issue of the *Journal of the American College of Cardiology*.

Thomas M. Maddox, M.D., from the VA Eastern Colorado Health Care System in Denver, and colleagues examined the impact of the 2013 ACC/AHA [cholesterol guidelines](#) on current U.S. cardiovascular practice. They assessed current practice patterns as a function of the 2013 cholesterol guidelines using the National Cardiovascular Data Registry Practice Innovation and Clinical Excellence registry data.

The researchers found that 96.1 percent among a cohort of 1,174,545 patients were statin-eligible (91.2 percent atherosclerotic cardiovascular disease [ASCVD]; 6.6 percent diabetes; 0.3 percent off-treatment [low-](#)

[density lipoprotein cholesterol](#) ≥ 190 mg/dL; 1.9 percent estimated 10-year ASCVD risk ≥ 7.5 percent). Overall, 32.4 percent of patients were not receiving statin therapy and 22.6 percent were receiving non-statin therapies. A total of 20.8 percent of patients had two or more low-density lipoprotein cholesterol assessments during the study period, and 7.0 percent had more than four assessments.

"Achieving concordance with the new cholesterol guidelines in [patients](#) treated in U.S. cardiovascular practices would result in significant increases in statin use, as well as significant reductions in non-statin therapies and laboratory testing," the authors write.

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