


Cholesterol Management in Primary Care



 **A**spirin when appropriate

 **B**lood pressure control

 **C**holesterol management

 **S**moking cessation

Healthy Hearts for Oklahoma (H2O)

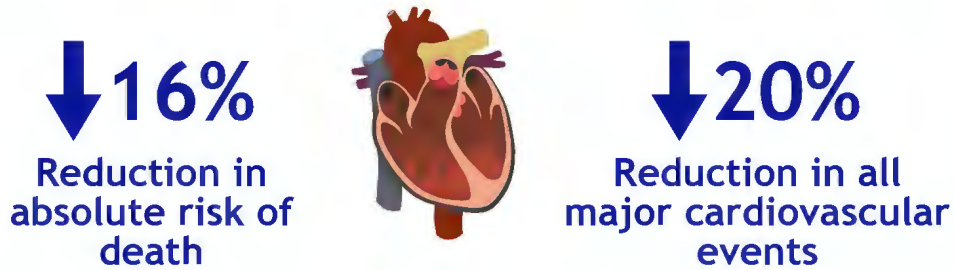
The Oklahoma Cooperative for AHRQ's

EvidenceNOW



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Statin benefits for patients with coronary artery disease^{1,2}



Manage cholesterol aggressively for patients at highest risk of atherosclerotic cardiovascular disease (ASCVD)³

Patients at highest risk should be prescribed statins unless contraindicated.

High Risk Groups	High-intensity statin	Moderate-intensity statin
Prior ASCVD	≤ 75 y	> 75 y
LDL-C ≥ 190mg/dL	YES	If not a candidate for high-intensity statin
Diabetes LDL-C 70-189mg/dL, Age 40-75 y	≥ 7.5% Estimated 10-y ASCVD risk	< 7.5% Estimated 10-y ASCVD risk
ASCVD risk ≥ 7.5%	Either high or moderate intensity (based on clinical factors)	

Intensity level definitions for commonly used statins³

High-intensity statins Lower LDL by ≥ 50%	Moderate-intensity statins Lower LDL by 30-50%	
Atorvastatin 40-80 mg	Atorvastatin 10-20 mg	Simvastatin 20-40 mg
Rosuvastatin 20-40 mg	Rosuvastatin 5-10 mg	Pravastatin 40-80 mg

Prescribing statins for primary prevention based on CV risk

The 2013 ACC/AHA ASCVD risk calculator is the most recent tool for assessing patients' risk of CV endpoints. While prior guidelines focused on LDL targeting, the **ASCVD approach** uses patient risk to guide treatment. The calculator incorporates race into the risk assessment, and outcomes are "hard" CV endpoints that patients care about.³

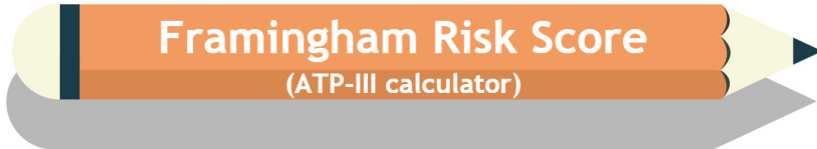
For interactive calculators, up-to-date statistics, and more information on this

initiative, visit our website:
<http://ophic.ouhsc.edu/rpr>

A graphic of a pencil with a dark purple body and a yellow eraser. The text "ASCVD Calculator" is written in white on the purple body.

ASCVD Calculator

Several other validated tools can be used to identify patients most likely to benefit from cholesterol treatment.^{4,5,6}

A graphic of an orange pencil with a white eraser and a black tip. The text "Framingham Risk Score" is written in white on the orange body, with "(ATP-III calculator)" in smaller white text below it.

Framingham Risk Score
(ATP-III calculator)

Uses risk factors of age, sex, lipids, hypertension, and smoking.

A graphic of a blue pencil with a white eraser and a black tip. The text "Framingham Risk Score" is written in white on the blue body, with "(Global CVD)" in smaller white text below it.

Framingham Risk Score
(Global CVD)

+ Diabetes mellitus

A graphic of a yellow pencil with a white eraser and a black tip. The text "Reynolds Risk Score" is written in black on the yellow body.

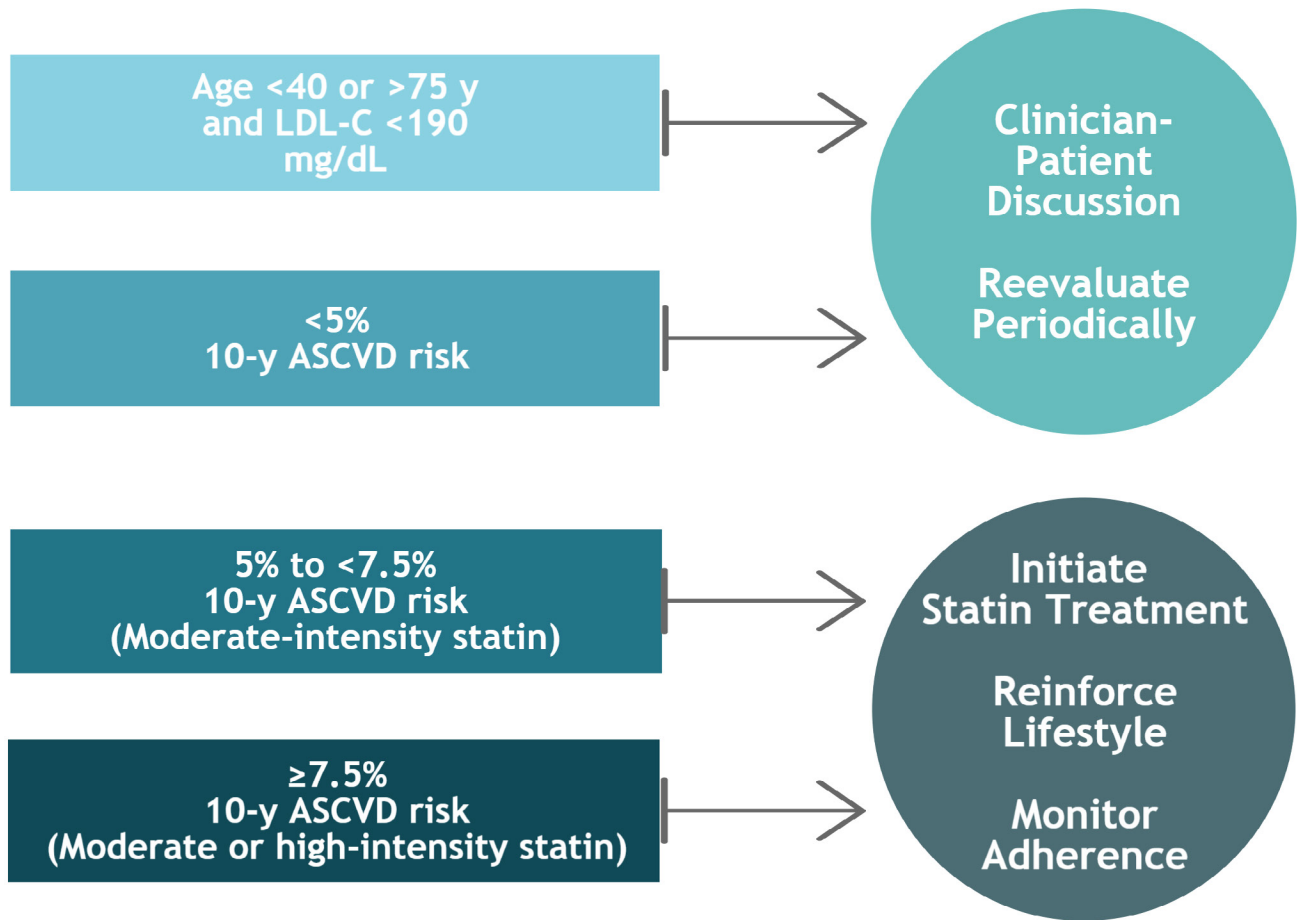
Reynolds Risk Score

+ C-reactive protein (CRP)
+ Family history



Lifestyle modification remains a critical component of health promotion and ASCVD risk reduction, both prior to and in concert with the use of cholesterol-lowering drug therapies.

Determining treatment based on ASCVD risk score



Non-statins for cholesterol treatment

Ezetimibe lowers LDL, but has limited hard endpoint data.⁷ Reserve its use for patients unable to take a statin.

PCSK9 inhibitors are injectable agents that reduce LDL dramatically, but their role is not yet clear.⁸ Statins should remain the first choice.

References

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