VA/DoD CLINICAL PRACTICE GUIDELINE

Management of Dyslipidemia for Cardiovascular Risk Reduction

KEY ELEMENTS OF THE DYSLIPIDEMIA GUIDELINE

- Patients who are interested in CVD risk reduction should be screened for dyslipidemia. (*Pages 18-19*)
- For CVD risk screening, patient does not need to fast for initial lab testing. (*Pages 18-19*)
- CVD risk can be estimated using one of several risk calculators. (*Pages 19-21*)
- Recommend that all patients adopt non-pharmacologic, healthy lifestyle choices. (*Pages 35-39*)
- Use of a moderate dose statin is the recommended pharmacological approach to reducing CVD risk. (*Pages 22-25, 29-32*)
- Use shared decision making with patients who have 10 year CVD risk of 6-12% who are contemplating pharmacological treatment (primary prevention). (*Pages 22-23*)
- Recommend a moderate dose statin to all patients who have 10-year CVD risk of 12% or greater (and for secondary prevention). (*Pages 22-23*)
- Consider a high dose statin for patients with ACS or with very high 10 year CVD risk. (*Pages 29-32*)
- Remain vigilant for possible statin related adverse drug events in all patients. (*Pages 22-23, 80-84*)
- There is limited value in adding non-statin medications to the drug regimen of patients already on a moderate dose statin. (*Pages 32-34*)

Access to full guideline and toolkit:
http://www.healthquality.va.gov or,
https://www.qmo.amedd.army.mil
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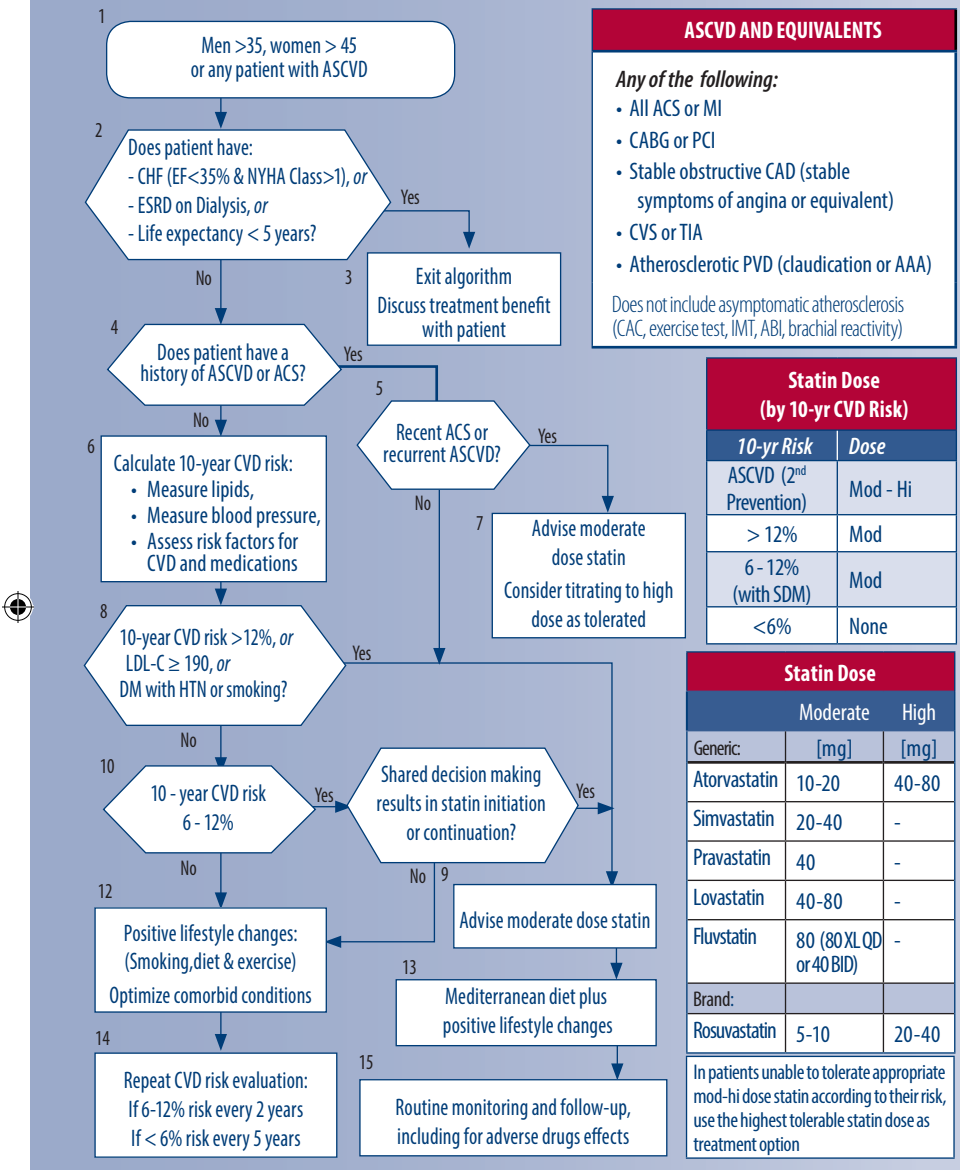
VA/DoD Evidence-Based Practice

Algorithm: Management of Dyslipidemia



ASCVD AND EQUIVALENTS

Any of the following:

- All ACS or MI
- CABG or PCI
- Stable obstructive CAD (stable symptoms of angina or equivalent)
- CVS or TIA
- Atherosclerotic PVD (claudication or AAA)

Does not include asymptomatic atherosclerosis (CAC, exercise test, IMT, ABI, brachial reactivity)

Statin Dose (by 10-yr CVD Risk)

10-yr Risk	*Dose*
ASCVD (2nd Prevention)	Mod - Hi
> 12%	Mod
6 - 12% (with SDM)	Mod
<6%	None

Statin Dose

	Moderate	High
Generic:	[mg]	[mg]
Atorvastatin	10-20	40-80
Simvastatin	20-40	-
Pravastatin	40	-
Lovastatin	40-80	-
Fluvstatin	80 (80 XL QD or 40 BID)	-
Brand:		
Rosuvastatin	5-10	20-40

In patients unable to tolerate appropriate mod-hi dose statin according to their risk, use the highest tolerable statin dose as treatment option

AAA-abdominal aortic aneurysm;ABI-ankle brachial index; ACS-acute coronary syndrome; ASCVD-atherosclerotic cardiovascular disease; BID-twice a day; BP-blood pressure; CABG-coronary artery bypass; CAC-coronary artery calcium; CAD-coronary artery disease; CHF-chronic heart failure; CVA-cerebral vascular accident; DM-diabetes mellitus; EF-ejection fraction; ESRD-end stage renal disease; IMT-intimal medial thickness;l; LE-life expectancy; LFT-liver function tests; MI-myocardial infarction; Mod-Hi-moderate to high; NYHA-New York Heart Association; PCI-percutaneous coronary intervention; PVD-peripheral vascular disease; RF-risk factors; SDM-shared decision making; TIA-transient ischemic attack