



VA/DoD CPG Recommendations for Dyslipidemia and CVD Risk



1. Assess 10-year CVD risk (non-fasting lipids)

Use a Risk Calculator

<https://www.qmo.amedd.army.mil/dyslipidemia/CalcLinks.pdf>



2. Match statin dose to risk (10yr CVD Risk)

3. Reframe Your Goal

- No more LDL targets
- Routine LFTs, lipids unnecessary
- <6% - Repeat risk assessment in 5 years
- 6-12% - Repeat risk assessment in 2 years

10-yr Risk	<6%	6-12%	>12%	Known CVD
Statin dose	None	Discuss	Moderate	Mod-High

Statin Dosing		
Statin	Moderate	High
Pravastatin	40mg	---
Simvastatin	20-40mg	---
Atorvastatin	10-20mg	40-80mg
Rosuvastatin	5-10mg	20-40mg

10-yr Absolute Risk Estimates for Benefits and Harms of Statin Use			
Outcome	No Dose	Mod Dose	High Dose
CVD (6-12%)	9%	7%	---
CVD (>12%)	16%	12%	---
CVD (Known CVD)	40%	30%	27%
LFT (elevated)	---	---	200/10,000
Rhabdo	---	2/10,000	8/10,000
Diabetes	---	20/10,000	60/10,000



For more information see the VA/DoD Clinical Practice Guideline: Management of Dyslipidemia
<http://www.healthquality.va.gov/guidelines/CD/lipids/>