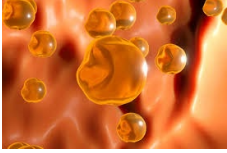


Cholesterol Management: A Guide for Healthcare Providers

Dyslipidemia is characterized by abnormal lipid levels, including high LDL, low HDL, and elevated triglycerides, contributing to atherosclerosis and cardiovascular disease.



- **LDL (Bad Cholesterol)** – Increases atherosclerosis risk
- **HDL (Good Cholesterol)** – Aids in LDL clearance
- **Triglycerides** – High levels contribute to CVD risk

- Use ASCVD Risk Calculator to determine 10-year cardiovascular event risk
- **Factors:** Age, sex, smoking, lipid panel, BP, diabetes, statin use

🍎 Non-Pharmacologic Management

- ✓ Mediterranean or DASH diets to maintain a healthy weight
- ✓ Limit intake of fat, sugar, and red meat
- ✓ Aerobic physical activity: 3-4 times a week and 40 min./session
- ✓ Tobacco cessation and limit alcohol use

💡 Pharmacologic Treatment Guidelines

- ✓ **Statins** – First-line LDL reduction (Atorvastatin, Rosuvastatin)
- ✓ **Ezetimibe** – Add-on to statins
- ✓ **PCSK9 Inhibitors** – High-risk patients (Alirocumab, Evolocumab)
- ✓ **Bile Acid Sequestrants** – Statin intolerance (Colesevelam)
- ✓ **Fibrates & Niacin** – Triglycerides (Gemfibrozil, Fenofibrate)
- ✓ **Omega-3 Fatty Acids** – TG > 500 mg/dL (Vascepa, Lovaza)

High-Intensity Statin Therapy	Moderate-Intensity Statin Therapy	Low-Intensity Statin Therapy
Daily dose lowers LDL on average by ≥50%	Daily dose lowers LDL on average by approximately 30-49%	Daily dose lowers LDL on average by <30%
Atorvastatin 40-80 mg Rosuvastatin 20-40 mg	Atorvastatin 10-20 mg Rosuvastatin 5-10 mg Simvastatin 20-40 mg Pravastatin 40-80 mg Lovastatin 40 mg Fluvastatin XL 80 mg Fluvastatin 40 mg BID Pitavastatin 2-4 mg	Simvastatin 10 mg Pravastatin 10-20 mg Lovastatin 20 mg Fluvastatin 20-40 mg

🚫 Alternatives for Statin-Induced Myopathy or Rhabdomyolysis

- ✓ Lower the statin dose
- ✓ Switch to a different statin (pravastatin or fluvastatin)
- ✓ Use Ezetimibe as monotherapy if statin intolerance persists
- ✓ PCSK9 inhibitors (Alirocumab, Evolocumab)
- ✓ Bile Acid Sequestrants (Colesevelam)
- ✓ Coenzyme Q10 supplementation (though evidence is mixed)