FLP Goals:
LDL-C <100 mg/dL
(<70 with CVD, CVA, or PVD)
HDL-C > 40 mg/dL
TG <150 mg/dL

Abnormal fasting lipids:
• Initial therapy with TLC & Intensive Glucose Control (with A1c goal < 6%)
• Evaluate and treat secondary causes of dyslipidemia: alcohol, estrogen, anabolic steroids, corticosteroids, hypothyroidism, hepatic disease, nephrotic syndrome, chronic renal failure.
• LDL-C is the primary target of therapy unless TG ≥ 400 mg/dL, at which point TG then becomes the primary treatment target.

Isolated low HDL-C
with LDL-C & TG at target
Optimize TLC, smoking cessation, fibrate, niacin, fish oil or statin1

Elevated LDL-C
or
LDL-C at goal with at least one additional CV risk factor present
Start statin, titrate to goal, reinforce TLC
Goal: LDL-C <100
(<70 if history of CVD, CVA, or PVD)
If LDL-C remains above goal and/or patient does not tolerate statin, then add bile acid resin, ezetimibe, niacin or orlistat

Elevated TG
150-199
Optimize TLC

≥ 400
Optimize TLC, smoking cessation, start fibrate, niacin and/or fish oil
When TG < 400, reassess LDL-C

Definitions:
TLC = Therapeutic Lifestyle Changes (refer to TDC Medical Nutrition, Weight Loss, and Exercise Algorithms)
Statin = HMG Co-A Reductase Inhibitor
TG = Triglycerides
CVD = Cardiovascular disease
CVA = Cerebrovascular accident
PVD = Peripheral vascular disease

Footnotes:
1 If a fibrate is combined with a statin, then fenofibrate is preferred rather than gemfibrozil due to risk of myositis and rhabdomyolysis.
HMG CO-A REDUCTASE INHIBITORS LDL-C EQUIVALENCE
IN PATIENTS WITH HYPERCHOLESTEROLEMIA*

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<tr>
<th>FLUVASTATIN</th>
<th>PRAVASTATIN</th>
<th>LOVASTATIN</th>
<th>PITAVASTATIN</th>
<th>SIMVASTATIN</th>
<th>ATORVASTATIN</th>
<th>ROSUVAStATIN</th>
<th>EZETIMIBE/SIMVASTATIN</th>
<th>APPROXIMATE % LDL ↓</th>
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<td>20 mg</td>
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<td>1-2 mg</td>
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<td>10 mg</td>
<td>—</td>
<td>—</td>
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<tr>
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<td>40mg</td>
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<td>20mg</td>
<td>5–10mg</td>
<td>10/10 mg</td>
<td>30–38</td>
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<td>4 mg</td>
<td>80mg</td>
<td>40mg</td>
<td>20mg</td>
<td>10/20 mg</td>
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<td>—</td>
<td>80mg</td>
<td>80mg</td>
<td>40mg</td>
<td>10/20mg</td>
<td>10/40 mg</td>
<td>55–59</td>
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<td>—</td>
<td>—</td>
<td>10/80 mg</td>
<td>&gt;59</td>
</tr>
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</table>

* Footnote: This information is not completely based on head to head comparison

REFERENCES


