

*Updated LDL Cholesterol Guidelines*  
(Based on the 2018 AHA/ACC Clinical Practice Guideline)

The November 2018 American Heart Association/American College of Cardiology Cholesterol Clinical Practice Guideline allow for non-fasting lipid values for most participants when determining baseline LDL-cholesterol values. This applies to those who do not have a history of high cholesterol, are not on lipid lowering medication, and did not have a high fat meal in the 8 hours prior to blood work.

For any participants with a family history of heart attacks or other atherosclerotic disease at an early age (< 50-55 years) or who have a genetic history of hyperlipidemia, it is reasonable to obtain an initial fasting lipid profile.

The evidence presented by the cholesterol guidelines found that non-fasting cholesterol levels are similar to fasting cholesterol for the purpose of calculating Atherosclerotic Cardiovascular Disease Risk, which estimates the 10-year risk for cardiovascular events. If an initial non-fasting lipid profile shows high triglyceride levels (400 mg/dL or above), a repeat fasting lipid profile should be done.

For more specific details about the guidelines, click on the following link:

[http://www.onlinejacc.org/content/accj/early/2018/11/02/j.jacc.2018.11.003.full.pdf?\\_ga=2.175012258.1074113284.1561075627-1627245241.1561075627](http://www.onlinejacc.org/content/accj/early/2018/11/02/j.jacc.2018.11.003.full.pdf?_ga=2.175012258.1074113284.1561075627-1627245241.1561075627)