The New National Cholesterol Education Program Guidelines 2011

September is National Cholesterol Education Month | cdc.gov


The guidelines aim to shift emphasis from the treatment of high blood cholesterol to the prevention of cardiovascular disease. They are based on evidence from randomized controlled trials and observational studies.

According to the NCEP ATP III definition, metabolic syndrome is present if three or more of the following five criteria are met: elevated blood pressure (≥130/85 mm Hg); abdominal obesity (waist circumference ≥40 inches in men or ≥35 inches in women); high triglycerides (≥150 mg/dl); low HDL cholesterol (≤40 mg/dl in men or ≤50 mg/dl in women); and elevated fasting glucose (≥100 mg/dl).

The guidelines recommend a "lipoprotein profile" that measures total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides, another type of fat in the bloodstream. The tests should be performed after fasting.

The guidelines also recommend that people with diabetes or chronic kidney disease have their blood pressure checked at least once a year. People with diabetes should also have their blood pressure checked at least once every 3 years if they do not have diabetes.

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