



## ATP-III LDL Goals

Risk Category	LDL-C Goal	Initiate TLC	Consider Drug Tx
<b>High risk:</b> CHD or CHD risk equivalents (10 yr risk >20%)	<100 mg/dL (optional goal <70)	≥ 100 mg/dL#	≥ 100 mg/dL (<100: consider drug options)
<b>Moderately high risk:</b> 2+ risk factors (10 year risk 10%-20%)	<130 mg/dL	≥ 130/mg/dL	≥ 130 mg/dL (100-129; consider drug options)
<b>Moderate risk:</b> 2+ risk factors (10 year risk <10%)	<130 mg/dL	≥ 130 mg/dL	≥ 160 mg/dL
<b>Lower risk:</b> 0-1 risk factor	<160 mg/dL	≥ 160 mg/dL	≥ 190 mg/dL (160-189 mg/dL: LDL-lowering drug optional)

### Very high risk:

- Established CVD + multiple major risk factors (especially DM)
- Severe and poorly controlled risk factors (especially continued smoking)
- Multiple risk factors of the metabolic syndrome (especially high TG >200 + non-HDL ≥130 with low HDL)
- Acute coronary syndrome

Metabolic syndrome – any 3 of the following:

Risk Factor	Defining Level
Abdominal obesity Men Women	Waist circumference >40 in. >35 in.
Triglycerides	≥150 mg/dL
HDL cholesterol Men Women	<40 mg/dL <50 mg/dL
Blood Pressure	≥130/≥85
Fasting glucose	≥100