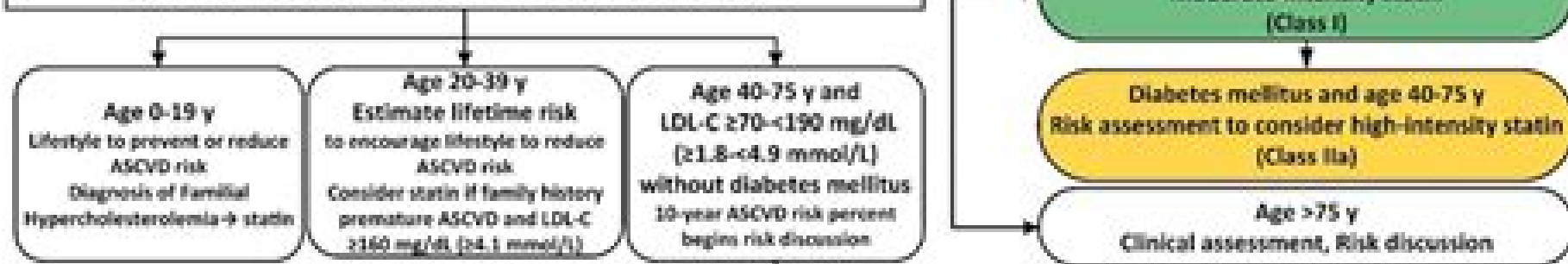


# Primary Prevention: Assess ASCVD Risk in Each Age Group Emphasize Adherence to Healthy Lifestyle



## ASCVD Risk Enhancers:

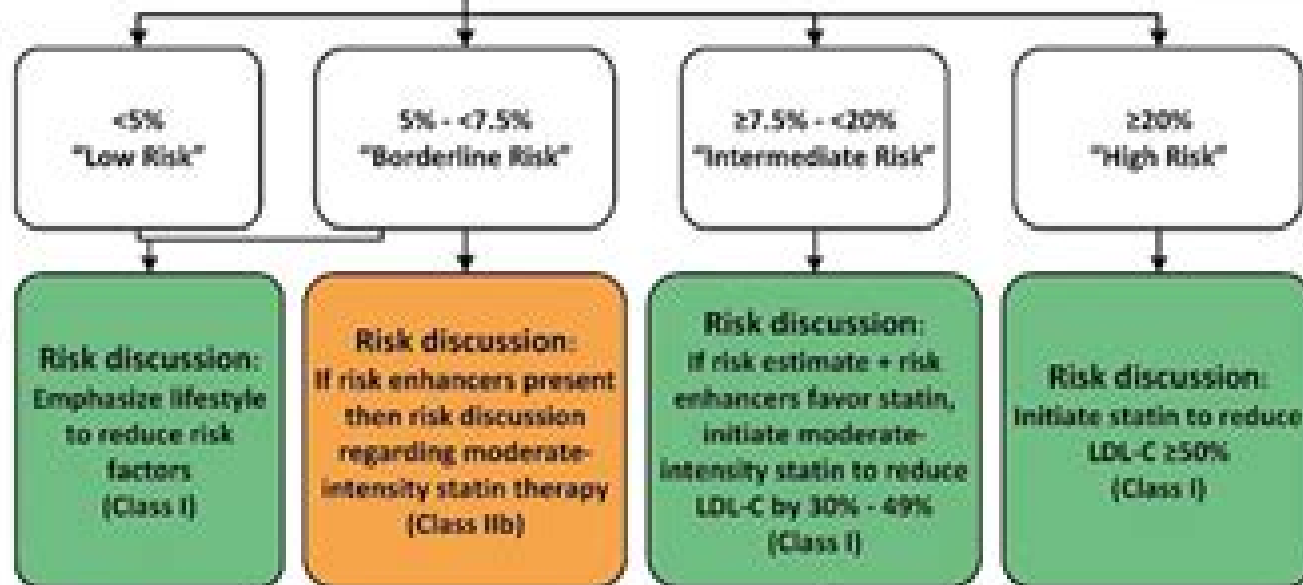
- Family history of premature ASCVD
- Persistently elevated LDL-C ≥160 mg/dL (≥4.1 mmol/L)
- Chronic kidney disease
- Metabolic syndrome
- Conditions specific to women (e.g., preeclampsia, premature menopause)
- Inflammatory diseases (especially rheumatoid arthritis, psoriasis, HIV)
- Ethnicity (e.g., South Asian ancestry)

## Lipid/Biomarkers:

- Persistently elevated triglycerides (≥175 mg/dL, (≥2.0 mmol/L))

## In selected individuals if measured:

- hs-CRP ≥2.0 mg/L
- Lp(a) levels >50 mg/dL or >125 nmol/L
- apoB ≥130 mg/dL
- Ankle-brachial index (ABI) <0.9



If risk decision is uncertain:  
Consider measuring CAC in selected adults:  
CAC = zero (lowers risk; consider no statin, unless diabetes, family history of premature CHD, or cigarette smoking are present)  
CAC = 1-99 favors statin (especially after age 55)  
CAC = 100+ and/or ≥75th percentile, initiate statin therapy

# Cholesterol Guidelines Summary

**Jacqueline Rosenjack Burchum, Laura  
D. Rosenthal**



## **Cholesterol Guidelines Summary:**

**Lipid Nutrition Guidelines** Harumi Okuyama, Sheriff Sultan, Naoki Ohara, Tomohito Hamazaki, Peter H. Langsjoen, Rokuro Hama, Yoichi Ogushi, Tetsuyuki Kobayashi, Shunji Natori, Hajime Uchino, Yoko Hashimoto, Shiro Watanabe, Kenjiro Tatematsu, Daisuke Miyazawa, Mikio Nakamura, Kentaro Oh-hashii, 2021-04-30 Ever since the publication of Ancel Keys watershed Seven Countries Study in 1970 medical thinking has posited a causal link between the intake of animal fats and coronary heart disease The research of Prof Harumi Okuyama and his colleagues presented in this new publication suggests that this link is in fact tenuous It goes beyond that to suggest that current medical wisdom regarding lipid nutrition may actually be counterproductive This ground breaking analysis is likely to be debated for many years to come The Seven Countries Study which identified the specifics of the Mediterranean Diet and awarded it a central position in combating coronary heart disease triggered significant changes in Western diets Most notably it stimulated a widespread attempt to reduce animal fats and replace them with vegetable fats The low density lipoprotein LDL element of the cholesterol naturally present in animal source foods was dubbed a killer and a significant industry developed around the provision of plant based oils and fats The clinical consensus on cholesterol was further strengthened in 1987 by the introduction of statins an innovative class of drugs that reduce LDL production in the liver and are designed to help guard against coronary heart disease Thirteen Nobel Prizes have been awarded to scientists who devoted major parts of their careers to cholesterol research It is therefore a brave research team that dares to challenge the link between animal fats and coronary heart disease This however is precisely what Prof Okuyama and his team set out to do in this book They actually recommend increasing the intake of cholesterol and animal fats to an extent that does not lead to obesity This recommendation is based on the discovery by Prof Okuyama and his team that common vegetable oils such as canola and hydrogenated vegetable fats have toxic effects They demonstrate that hydrogenated vegetable fats and oils are important culprits in atherosclerosis and other lifestyle diseases and suggest that high total or LDL cholesterol is not the cause of atherosclerosis or cardiovascular disease Further they argue that current medical guidelines on lipid nutrition conflict with evidence based research and that persistently focusing on LDL cholesterol as the cause of atherosclerotic cardiovascular disease ASCVD is counterproductive Key findings Some types of vegetable fats and oils exhibit stroke inducing and endocrine disrupting activity Their inhibition of the vitamin K2 osteocalcin link is the major cause of ASCVD and related diseases In the current food environment the balance of omega 6 and omega 3 fatty acids is too much in favour of omega 6 and therefore lowering the omega 6 omega 3 ratio is recommended for the prevention of allergic and inflammatory diseases including ASCVD and cancer Atherogenesis can develop without elevated LDL cholesterol levels and or in association with decreasing LDL cholesterol levels Increased intake of vegetable fats and oils with stroke inducing and endocrine disrupting activities in countries with restricted intakes of animal fats and cholesterol has led to the critical situations surrounding physical and mental health currently seen in Japan

East Asia and the Mediterranean countries Medical care professionals continue to insist on actively reducing LDL cholesterol levels This approach will only heighten the extensive health problems that Japan and some countries are at present facing Many aspects of current medical practice in Japan are indeed likely to be in conflict with that country s Medical Care Act This thought provoking analysis of one of the major health syndromes of our day demands serious consideration by professionals interested in cardiovascular health in particular and in public health more widely Its implications are far reaching for medical practitioners medical insurers nutritionists food producers and pharmaceutical manufacturers alike as well as for individual patients

**Educational Materials Catalog** National Heart, Lung, and Blood Institute,1994      Lehne's Pharmacology for Nursing Care - E-Book Jacqueline Rosenjack Burchum,Laura D. Rosenthal,2023-12-14 Selected for Doody s Core Titles 2024

in Pharmacology Master an understanding of pharmacology and apply that understanding to nursing practice With an engaging approach that actually makes learning nursing pharmacology enjoyable Lehne s Pharmacology for Nursing Care 12th Edition makes it easier to understand difficult pharmacologic principles and the clinical use of drugs The book discusses physiology and pathophysiology for each of the major drug families using drug prototypes to simplify learning What s more it focuses your attention on the most important content limiting discussions of drug interactions and adverse effects to those that matter most Written by nursing educators Jacqueline Rosenjack Burchum and Laura D Rosenthal this text emphasizes the understanding of drugs and drug therapy as opposed to simply memorizing drug facts Clear engaging writing style simplifies complex concepts making difficult pharmacology content not only understandable but actually enjoyable Prototype Drugs approach focuses on representative agents that characterize all members of a given drug group so that you can apply your understanding to related drugs that are currently available and those that will be released in the future Nursing implications of drug therapy are integrated throughout to show the relationship between drug therapy and nursing care and also recapped in Summary of Major Nursing Implications sections Special Interest Topic boxes examine the everyday impact of pharmacology with engaging vignettes such as Vaping and Severe Acute Respiratory Syndrome Coronavirus 2 COVID 19 Vaccine Safety Alerts call out important safety concerns related to contraindications adverse effects and more Concise drug summary tables present key information for individual drugs including drug class generic and trade names dosages routes and indications Person Centered Care Across the Life Span tables summarize safe and appropriate care for patients from infancy to older adulthood NEW Updated drug content includes the latest FDA drug approvals withdrawals and therapeutic uses along with updated nursing content NEW Transgender Health chapter covers gender affirming hormone treatment for transgender patients NEW The six cognitive skills of NCSBN s Clinical Judgment Measurement Model are integrated into the Application of Pharmacology in Nursing Practice chapter and in Summary of Major Nursing Considerations tables NEW Enhanced emphasis on diversity equity and inclusion features updated gender neutral language NEW Updated COVID 19 content addresses the latest vaccination information and pharmacotherapeutic implications NEW coverage of CBD and

expanded coverage of medical marijuana discusses the growing use of these substances NEW resources for the Next Generation NCLEX Examination NGN are included on the Evolve website and in the companion Study Guide **Lipids, An Issue of Endocrinology and Metabolism Clinics of North America** Donald A. Smith,2014-12-26 This issue of Endocrinology and Metabolism Clinics devoted to Lipids is edited by Dr Donald A Smith Articles in this issue include Advanced Lipoprotein Testing Improving Cardiovascular Risk Assessment Coronary calcium scor and CT coronary imaging Understanding HDL Statin Strategies for Maximizing Public Health benefits and harms Cellular Cholesterol Regulation SREBP and miRNA Mediterranean Diet the best diet for CV protection Pediatric Lipidology An Earlier Approach Newer LDL lowering Therapies and Statin Combination Therapies **Family Economics and Nutrition Review** ,1999 *Info Memo* ,1991 Laboratory Medicine in Psychiatry and Behavioral Science Sandra A. Jacobson,2016-12-19 A revised abridged version of the seminal work Laboratory Medicine in Psychiatry and Behavioral Science Clinical Laboratory Medicine for Mental Health Professionals more directly address the needs of general psychiatrists and their mental health colleagues in clinical practice Sections on laboratory tests diseases and conditions and psychotropic medications include alphabetically arranged entries making it easy for busy clinicians to reference the updated information For each laboratory test the following information is provided The type of test e g blood urine etc An explanation of the test The test s relevance to psychiatry Patient preparation Medical and psychiatric indications for the test Numerical reference ranges Critical values for test results The potential meaning of abnormal results e g factors that lead to increased or decreased levels Interfering factors Cross references to other tests or conditions Information on clinical diagnosis and laboratory testing is provided for diseases and conditions and psychotropic medications are examined from both a screening and a monitoring standpoint Extensively indexed this guide also includes an appendix that features at a glance information on therapeutic and psychotropic levels 10 rules for deciding whether an ECG is normal and several figures covering topics relevant to tests such as ECG waves and intervals cholestatic injury bilirubin cycle and SIADH secretion Years of clinical practice and research inform both the choice of tests included and the rationale for their use making Clinical Laboratory Medicine for Mental Health Professionals the definitive authoritative reference for psychiatrists and other behavioral health clinicians SCAI Interventional Cardiology Review Morton J. Kern,2018-02-06 Whether you re studying for the interventional cardiology board exam preparing for recertification or simply want a concise review of the field SCAI Interventional Cardiology Review 3rd Edition brings you up to date with recent changes in interventional cardiology while also preparing you for exam success Written by global experts who are Society for Cardiovascular Angiography and Interventions SCAI members and leaders coverage includes all topics on the exam with the addition of new review questions new topics and revised information throughout **Handbook of eggs in human function** Ronald Ross Watson,Fabien De Meester,2023-08-07 Eggs have been used as key part of the human diet for millennia They contain a great variety of nutrients and material to sustain life and

growth The role of the egg as natural source of vitamins proteins fats and other nutrients continues to develop Some nutrients have a controversy in benefits and risks This controversy is the subject of several chapters in this book Eggs have been used for decades by pharmaceutical companies as vehicles to grow viruses for vaccines Currently eggs are being developed to make antibodies for human use so called designer eggs Eggs can also be used as vehicle to transport vitamins and minerals to humans via nutrient supplemented laying hens These benefits are subject to commercial expansion as well as being an active research area This book with summary points for each chapter helps you to understand the role of eggs including designer eggs in general nutrition health promotion and disease It is aimed at health scientists nutritionists dieticians and food industry groups

**Clinical Lipidology - E-Book** Christie M. Ballantyne, 2023-01-06 Part of the renowned Braunwald family of references Clinical Lipidology A Companion to Braunwald's Heart Disease provides today's clinicians with clear authoritative guidance on the therapeutic management of patients with high cholesterol levels and other atherogenic lipid disorders An invaluable resource for cardiologists lipidologists endocrinologists and internal medicine physicians this one stop reference covers everything from basic science and the pathogenesis of atherothrombotic disease to risk assessment and the latest therapy options Now fully updated from cover to cover the 3rd Edition offers unparalleled coverage of lipidology in an accessible and user friendly manner Thoroughly covers the assessment diagnosis and treatment of patients with elevated levels of lipids and lipoproteins including all the latest research based recommendations therapeutic breakthroughs and related clinical advances Presents the latest data on clinical guidelines risk assessments and established and emerging pharmacologic and nonpharmacologic therapies all from internationally recognized experts in the field Features condensed streamlined content that focuses on clinical applications and applying concepts to the practice setting Chapters have now been completely reorganized into sections on risk assessment therapy new and evolving therapeutic targets and platforms and special populations Includes new chapters on Polygenic Risk Scores Inclisiran Bempedoic Acid Selective Peroxisome Proliferator Activated Receptor Modulator Pemafibrate Evolving Therapeutic Targets Lp a ANGPTL3 and ApoC III New Therapeutic Platforms Gene Therapy and Genome Editing and more Contains new or expanded content on inflammation genetic testing troponins for risk assessment statins and role of bile acid sequestrants niacin and fibrates mAbs CANTOS and CIRT colchicine IL 6 and cellular molecular and genetic therapy Provides treatment algorithms throughout as well as case vignettes that highlight the most common clinical questions in each chapter Incorporates the latest guidelines from the AHA ACC ESC and EAS as well as future directions for ongoing research and emerging applications

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**ACSM's Health-Related Physical Fitness Assessment Manual** American College of Sports Medicine,2013-01-21 From the American College of Sports Medicine ACSM this text provides the information necessary to develop skills for assessing an individual s health related physical fitness It provides a practical how to do it approach for performing assessment skills effectively and an understanding of the theory behind and the importance of each skill or assessment The Fourth Edition includes updated references to ACSM s Guidelines for Exercise Testing and Prescription Ninth Edition more diagrams and pictures highlighting assessment techniques and new material on physical activity assessments considerations for medication usage and common measurement errors A companion Website includes an Image Collection a Test Generator and PowerPoint Slides

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