

Table 9B. ATP III: Risk Categories, LDL-C Goals

Risk Category	LDL-C Goal (mg/dL)
<u>High risk:</u> CHD* and CHD risk equivalents† (10-year risk >20%)	<100 (optional goal: <70)
<u>Moderately high risk:</u> ≥2 risk factors†† (10-year risk 10–20%)	<130 (optional goal: <100)
<u>Moderate risk:</u> ≥2 risk factors†† (10-year risk <10%)	<130
<u>Lower risk:</u> 0–1 risk factor#	<160

* CHD includes history of myocardial infarction, unstable angina, stable angina, coronary artery procedures (angioplasty or bypass surgery), or evidence of clinically significant myocardial ischemia.

† CHD risk equivalents include clinical manifestations of noncoronary forms of atherosclerosis (PVD, AAA, and carotid disease; diabetes, and ≥2 risk factors with 10-year risk for CHD >20%.

†† Risk factors include cigarette smoking HTN (BP ≥140/90 or on medication), low HDL-C (<40 mg/dL), family history of premature CHD (<55 yrs of first-degree male relative and <65 yrs female), age (men ≥45 yrs; women ≥55 yrs).

Almost all persons with zero or 1 risk factor have a 10-yr risk <10% and thus a 10-yr risk assessment is not necessary.

Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). Bethesda, Md: National Institutes of Health, National Heart, Lung, and Blood Institute; 2001. NIH publication 01-3095. Updated with: Grundy SM, Cleeman JI, Merz CNB, et al. Implications of Recent Clinical Trials for the National Cholesterol Education Program Adult Treatment Panel III Guidelines. *Circulation*. 2004;110:227-239.