

Special Article

New American guidelines for cholesterol treatment: what changes? Introduction-Considerations for calculating cardiovascular risk

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Abstract

Introduction: The changes proposed by the new American guidelines for the management of high cholesterol is very important and if implemented will have many implications.

Aim: The aim of the present study is to draw the attention to all health care professionals for the latest American guidelines for cholesterol treatment.

Methods: Extensive literature search in the electronic database "PubMed", and the website of the American College of Cardiologists and the new guidelines about the above subject. The articles that were reviewed was of the last two years.

Results: The concern of many scientific and national medical societies casts doubt on the massive application. Caution is needed in primary prevention (overestimation of CV risk leading to massive unproven helpful administration of statins), in without exception administration of statins to all people with diabetes and to the exclusion of virtually all other therapeutic strategies with also degradation of any dietary intervention. The positive side of this guidance is to ascertain the need for 'aggressive' statin administration strong in people with cardiovascular disease and regardless of whether the starting values.

Conclusions: The changes proposed by the new American guidelines for the management of high cholesterol is very important and if implemented will have many implications.

Key Words: cholesterol treatment, statins, cardiovascular disease, cardiovascular risk