TABLE 2.1-11. ATP III Guidelines for Risk Stratification of Hypercholesterolemia

Risk Category	LDL GOAL	LDL to Start Lifestyle Modification	LDL to Consider Drug Therapy
CAD or CAD risk equivalents*	< 100 mg/dL (or < 70)	> 100 mg/dL	> 130 mg/dL
2+ risk factors <sup>b</sup>	< 130 mg/dL	> 130 mg/dL	> 160 mg/dL
0–1 risk factor <sup>b</sup>	< 160 mg/dL	> 160 mg/dL	> 190 mg/dL

<sup>\*</sup>CAD risk equivalents = symptomatic carotid artery disease, peripheral arterial disease, abdominal aortic aneurysm, diabetes.

b Risk factors = cigarette smoking, hypertension, low HDL (< 40 mg/dL), a family history of premature CAD, and age (men > 45 years; women > 55 years). An HDL > 60 mg/dL counts as a "negative" risk factor and removes one risk factor from the total score.

# **Acsm Hfs Study Guide**

**JA Banks** 



The book delves into Acsm Hfs Study Guide. Acsm Hfs Study Guide is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Acsm Hfs Study Guide, encompassing both the fundamentals and more intricate discussions.

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  - Chapter 1: Introduction to Acsm Hfs Study Guide
  - Chapter 2: Essential Elements of Acsm Hfs Study Guide
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