

Ten Things Your Doctor Probably Doesn't Know About Cholesterol #6

The American Diabetic Association and American College of Cardiology has written a consensus paper titled, **Lipoprotein Management in Patients with Cardiometabolic Risk-Consensus Statement from the American Diabetes Association and the American College of Cardiology Foundation**. This important manuscript was published in the well-respected journal, Diabetes Care, in April 2008. The paper stated that patients with moderate, high, or very high risk of cardiovascular events or death should have their ApoB or the LDL particles measured. This includes people with insulin resistance (metabolic syndrome), diabetes, high blood pressure, a strong family history of cardiovascular disease, already established high cholesterol, smokers, and anyone that has previously had a heart attack, stroke, and any cardiovascular surgical procedure. This is a different way of looking at the cholesterol in one's body and is a different type of testing than the usual cholesterol testing that is performed in the majority of doctor's offices throughout the USA. The CDC states that 50% of people who have heart attacks have "normal cholesterol" levels. We also know that measuring cholesterol levels in the usual way may miss up to 50-60% of the population with abnormal cholesterol levels. At the time of Tim Russert's death, he also had "normal cholesterol" numbers but there were hints in his traditional lipid panel that all was not well. This included having a low HDL cholesterol number and high triglyceride number, yet his doctors thought all was well because the routine total cholesterol and LDL cholesterol values were normal. Since we are not identifying a large segment of the population with abnormal levels, these people do not get treatment, which may be life saving. We know that the particle number can be used as a guide to treatment management. Most physicians do not know this consensus paper even exists. For more information on advanced lipoprotein testing and to read a copy of the consensus statement, please go to www.lipidcenter.com