

ATP III Guidelines At-A-Glance

Quick Desk Reference

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Step 1

Determine lipoprotein levels—obtain complete lipoprotein profile after 9- to 12-hour fast.

ATP III Classification of LDL, Total, and HDL Cholesterol (mg/dL)

LDL Cholesterol – Primary Target of Therapy

<100	Optimal
100-129	Near optimal/above optimal
130-159	Borderline high
160-189	High
≥190	Very high

Total Cholesterol

<200	Desirable
200-239	Borderline high
≥240	High

HDL Cholesterol

<40	Low
≥60	High

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Step 2

Identify presence of clinical atherosclerotic disease that confers high risk for coronary heart disease (CHD) events (CHD risk equivalent):

- Clinical CHD
- Symptomatic carotid artery disease
- Peripheral arterial disease
- Abdominal aortic aneurysm.

3

Step 3

Determine presence of major risk factors (other than LDL):

Major Risk Factors (Exclusive of LDL Cholesterol) That Modify LDL Goals

Cigarette smoking

Hypertension (BP ≥140/90 mmHg or on antihypertensive medication)

Low HDL cholesterol (<40 mg/dL)*

Family history of premature CHD (CHD in male first degree relative <55 years; CHD in female first degree relative <65 years)

Age (men ≥45 years; women ≥55 years)

* HDL cholesterol ≥60 mg/dL counts as a "negative" risk factor; its presence removes one risk factor from the total count.

- Note: in ATP III, diabetes is regarded as a CHD risk equivalent.

High Blood Cholesterol



Atp Iii Guidelines Citation

Clifford Lane



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ATP III Guidelines At-a-glance Quick Desk Reference ,2001 Neinstein's Adolescent and Young Adult Health Care
Debra K. Katzman,2016-02-22 Highly regarded as the go to resource of adolescent medicine for more than 30 years
Neinstein s Adolescent and Young Adult Health Care remains the 1 choice for those involved in the care of adolescents and young adults The 6th Edition continues to deliver practical authoritative guidance on everything from normal development to legal issues psychosocial care and special populations Extensive updates include the addition of young adult health care a new color design numerous new chapters more algorithms photos and bulleted text and fresh perspectives from a new senior editor and two new associate editors This renowned title is ideal for daily practice or board preparation and is recommended by the American College of Physicians for their internal medicine library The 6th Edition is a highly useful resource for pediatricians family practitioners gynecologists internists house staff nurse practitioners PAs residents medical students and fellows as well as school based clinics college health centers juvenile detention centers pediatric ERs and other facilities that serve adolescents and young adults Features One of the first texts to incorporate young adults into the scope of adolescent health care New full color design and more clinical photos provide visual appeal and clarity New chapters cover U S and world data on the health of adolescents and young adults potential effects of technology use on youth and the growing issues regarding transgender adolescents and young adults New section explores special populations such as foster placement young adults in the military homeless incarcerated and immigrant youth and young adults Native American youth and more More algorithms and bulleted lists make the text more readable and useful as a quick reference Evidence based throughout with numerous references provided for further research Key topics include psychological issues ways to develop rapport with teenagers interviewing sports medicine LARC HPV substance abuse and college health Hundreds of useful websites on nearly every topic where professionals teenagers and parents can find up to the minute information Encyclopedia of Obesity Kathleen Keller,2008-01-24 This work featuring a reading level appropriate for high school audiences and above is recommended for academic and public libraries Library Journal The Encyclopedia of Obesity is as much of a reference resource as it is a tool to raise awareness in the medical and public health communities With almost 500 entries these two volume summarize pertinent topics in obesity and related health conditions including molecular biology psychology medicine public health and policy food science environmental health and pharmaceuticals The editor has chosen topics that capture the current climate of obesity research while still addressing and defining the core concepts related to this condition Based on a theme of Moving Forward in an Ever Expanding World articles address topics for a changing society that is slowly adapting to accommodate obesity including recent lawsuits new options for medical and dietary treatment and the importance of prevention in children Key Themes Biological or Genetic Contributors to Obesity Children and Obesity Dietary Interventions to Treat Obesity Disordered Eating and Obesity Environmental Contributors to Obesity Health Implications of

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Cardiovascular Diseases Y. Robert Li, 2015-02-25 Written in an accessible style and consistent format the book covers both the fundamentals and advances in the pharmacology of cardiovascular drugs as well as their integrated applications in the management of individual cardiovascular diseases Integrates fundamentals and recent advances regarding cardiovascular drugs blending basic and clinical sciences needed to effectively understand and treat cardiovascular diseases Facilitates understanding of drug action and mechanism by covering physiology pathophysiology and pharmacology Includes guidelines and algorithms for pharmacotherapeutic management of cardiovascular diseases Uses case presentations and study questions to enhance understanding of the material Serves as a resource for pharmaceutical and medical students and researchers interested in cardiovascular issues

Ketogenic Tim Noakes, Tamzyn Murphy, Neville Wellington, Hassina Kajee, Jayne Bullen, Sarah Rice, Candice Egnos, 2023-06-22 Selected for Doody's Core Titles 2024 in Nutrition Ketogenic The Science of Therapeutic Carbohydrate Restriction in Human Health presents the most up to date and evidence based science and research available in the field of TCR with the purpose of training medical and allied healthcare professionals on the effective therapeutic use of low carbohydrate and ketogenic nutrition in clinical practice This book explores the appropriate safe and effective use of TCR to improve patient outcomes in a broad range of chronic metabolic conditions and aims to promote health Focused on lifestyle management health support and the treatment of diseases rooted in poor nutrition this book explores the role of food and lifestyle modification as medicine and is a valuable resource for nutritionists dietitians and medical professionals who provide diet related counselling as well as those researching or studying related areas Presents new best practice guidelines for using TCR to treat improve or reverse nutrition related metabolic conditions and diseases that were previously thought to have a chronic irreversible progression Provides an overview of the most recent evidence outlining the biochemistry and physiology pertaining to human nutrition and health Offers evolutionary and historical context to human nutrition Contains clinical practice guidelines for the implementation of TCR from medical practitioners who prescribe TCR in their practices allowing readers to understand real life concerns in the field Features case studies that provide practical examples of how to assess monitor and intervene with patients that practitioners encounter in their practices Explains the physiology and biochemistry of the normal and pathophysiological state for each condition and links these to the application of TCR

Recent Advances in Cardiovascular Risk Factors

Mehnaz Atiq, 2012-03-21 Among the non communicable diseases cardiovascular disorders are the leading cause of morbidity

and mortality in both the developed and the developing countries The spectrum of risk factors is wide and their understanding is imperative to prevent the first and recurrent episodes of myocardial infarction stroke or peripheral vascular disease which may prove fatal or disabling This book has tried to present an update on risk factors incorporating new research which has thrown more light on the existing knowledge It has also tried to highlight regional diversity addressing such issues It will hopefully be resourceful to the cardiologists general practitioners family physicians researchers graduate students committed to cardiovascular risk prevention

Cholesterol Clarity Jimmy Moore, 2013-08-27 Are you confused by what your cholesterol levels really say about your health Don't you wish someone could just spell it out in simple easy to understand language and tell you what if anything you need to do about your cholesterol Good news That's precisely what Cholesterol Clarity is designed to do Jimmy Moore a prominent and highly respected health blogger and podcaster has teamed up with Dr Eric Westman a practicing internist and nutrition researcher to bring you one of the most unique books you'll ever read on this subject featuring exclusive interviews with twenty nine of the world's top experts from various fields to give you the complete lowdown on cholesterol If you're worried about any confusing medical jargon in this book don't be this critical information is broken down for you to grasp what is really important and what is not You won't find this kind of comprehensive cutting edge expert driven cholesterol information all in one place anywhere else Has your doctor told you your total and or LDL cholesterol is too high and thus requires you to take immediate action to lower it Has the solution to your high cholesterol been to cut down on your saturated fat intake eat more healthy whole grains and vegetable oils and possibly even take a prescription medication like a statin to lower it to desirable levels If so then this is the book for you Learn what the real deal is from some of the leading experts on the subject Not only will Cholesterol Clarity tell you what your cholesterol tests LDL HDL triglycerides and other key cholesterol markers really mean but it will also arm you with nutritional guidance that will lead you to optimal health Are you ready to find out what the HDL is wrong with your numbers Within the pages of this book you'll learn invaluable lessons including Why your LDL C and total cholesterol numbers may not be as important in determining your health as your doctor may think The undeniable negative role that chronic inflammation plays in your health Why cholesterol lowering statin drugs don't necessarily solve your heart health concerns Why your doctor should be testing for LDL particles and particle size when measuring cholesterol Why HDL and triglycerides are far more predictive of health concerns than LDL C and total cholesterol Why consuming foods with saturated fat is good for you and why carbohydrate based foods can be detrimental to attaining the best cholesterol numbers Why a growing number of physicians researchers and nutritionists believe treating cholesterol numbers is virtually irrelevant Contributing experts include Cassie Bjork RD Philip Blair MD Jonny Bowden PhD John Briffa BSc MB BS Dominic D Agostino PhD William Davis MD Thomas Dayspring MD David Diamond PhD Ron Ehrlich BDS FACNEM Jeffrey N Gerber MD David Gillespie Duane Graveline MD Paul Jaminet PhD Malcolm Kendrick MD Ronald Krauss MD Fred Kummerow PhD Dwight C Lundell MD

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