**CHD Risk Factors**

**Positive**
- Men ≥ 45, or women ≥ 55
- Family history of premature CHD (before 55 in first degree male or before 65 in first degree female)
- Smoking within the last 5 years
- Hypertension
- Diabetes Mellitus
- Obesity
- HDL Cholesterol < 35 mg/dl

**Negative**
- HDL Cholesterol ≥ 60 mg/dl

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**Serum Lipoprotein Analysis**

**2 or more risk factors or evidence of CHD***

**Yes**
- LDL Cholesterol 100-129
  - Education, Step 1 Diet, Exercise, Drug Therapy, Reevaluate in one year; Goal: < 70

**Yes**
- LDL Cholesterol 130-159
  - Education, Step 1 Diet, Exercise, Reevaluate in one year; Goal: < 130, < 100 for diabetes

**Yes**
- LDL Cholesterol 160-199
  - Education; Step 2 Diet, Exercise, Drug Therapy, Reevaluate in one year; Goal: < 130, < 100 for diabetes

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**No**
- LDL Cholesterol ≥ 130
  - Education, Step 1 Diet, Exercise, Drug Therapy, Reevaluate in one year; Goal: < 70

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**Evidence of CHD***

**Yes**
- LDL Cholesterol 100-129
  - Education, Step 1 Diet, Exercise, Drug Therapy, Reevaluate in one year; Goal: < 70

**No**
- LDL Cholesterol 130-159
  - Education, Step 1 Diet, Exercise, Reevaluate in one year; Goal: < 70

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**LDL Cholesterol < 130**
- Education, Diet, Exercise, Risk Factor Reduction, Reevaluate in 5 yrs.

**LDL Cholesterol 130-159**
- Diet, Exercise, Reevaluate in one year

**LDL Cholesterol 160-199**
- Clinical and Laboratory Evaluation, Step 1 Diet and Exercise, Reevaluate in one year; Goal: < 160

**LDL Cholesterol > 190**
- Education, Step 1 Diet, Exercise, Drug Therapy, Reevaluate in one year; Goal: < 160

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**2013**

*Coronary heart disease; Diabetes is considered equivalent of coronary heart disease

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Approved, Revised BC QIC 5/28/03, 5/25/05

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