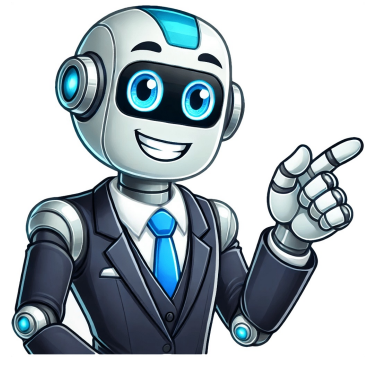


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بشأن علاج الكوليسترول في الدم؟ acc aha إرشادات

publish date: Nov 10, 2018 Go to JACC article Download PDF Introduction to the 2023 ACC/AHA Hyperlipidemia Guidelines 2023 ACC/AHA Hyperlipidemia Management Guide The 2023 ACC/AHA Hyperlipidemia Guidelines show how to deal with high cholesterol. It's key for doctors and patients to know about hyperlipidemia. This helps keep hearts healthy. Overview of Hyperlipidemia Hyperlipidemia means high lipids in blood, like cholesterol. It's a big part of why heart attacks and strokes happen. Learning about it early is crucial for good treatment. Importance of Updated Guidelines Cholesterol guidelines are key for doctors. They offer the newest ways to treat. With updates like the 2023 ACC/AHA one, doctors stay sharp. This means better care for patients. The next part shows why following the new guidelines is important: Aspect Description Hyperlipidemia Definition Elevated levels of lipids in the blood, majorly cholesterol and triglycerides. Cardiovascular Risk A leading risk factor for heart diseases and strokes. Updated Guidelines Provide current recommendations based on latest research findings. Clinical Decisions Help healthcare professionals make smart, fact-based choices. Patient Outcomes Aim to better results with tailor-made treatment plans. Cardiovascular Risk Assessment in Hyperlipidemia Management To manage hyperlipidemia well, a deep heart risk look is key. We must spot and lower heart disease risks. This way, we can tailor treatments, making patient results better. See also Hepatopulmonary Syndrome vs Portopulmonary HypertensionThe Role of Risk Factors Finding risk factors in hyperlipidemia is key. You have things you can't change, like family history and your age. But, you can change your diet, how active you are, and if you smoke. Each part plays a role in your heart risk, showing we need to check it all well. Assessment Tools and Methods The right assessment tools for cholesterol management are a must. Health pros use many ways to check patients' cholesterol and risks. They start with simple tests and can go up to more complex ones like imaging and gene checks. Assessment Tool Purpose Advantages Lipid Panel Measures total cholesterol, LDL, HDL, and triglycerides Widely available, cost-effective Coronary Artery Calcium Scoring Evaluates the amount of calcium in the coronary arteries Provides information on the extent of calcified plaque Genetic Testing Identifies genetic predispositions to hyperlipidemia Enables personalized treatment plans These cardiovascular risk assessment tools don't just show heart health now. They also help make detailed, personal plans to manage hyperlipidemia. Key Changes in 2023 ACC/AHA Hyperlipidemia Guidelines The 2023 ACC/AHA hyperlipidemia updates bring big changes. They aim to make our hearts healthier. New cholesterol guides and updated goals are the heart of these changes. They sharpen how doctors and patients manage lipids using the newest facts. New Recommendations Now, there's a focus on what each patient needs to control high lipids. Treating each patient as unique helps choose the right path to health. This way, care is made just for you, to make you feel better and healthier. Focus more on changes in your daily life to keep cholesterol low. Use more treatments besides statins for those who need them. Use new tools to spot those who might need stronger care. Revised Treatment Goals Our goals for managing cholesterol now look different. We now know they can better protect our hearts. Thanks to new studies, we aim for lower levels in those most at risk. So what's changed about our goals? We're aiming for even lower LDL-C in those at the highest risk. We also have new targets for non-HDL-C and triglycerides to fit what's best for our health. It's key to check on our health often and adjust as needed. Aspect Previous Guidelines 2023 ACC/AHA Updates LDL-C Target for High-Risk Patients