



Technical Memorandum

TO: Physicians, Staff
From: Wesley Kim, MD, Medical Director
Date: September 13, 2011
Subject: non-HDL Cholesterol

Beginning October 3, 2011, DLS will be adding a new calculated result to its lipid profile called “non-HDL” (Total Cholesterol minus HDL).

Based on the NCEP-ATPIII guidelines, non-HDL is a secondary target to reduce in patients with metabolic syndrome who often have elevated triglycerides (>200 mg/dL), and increased levels of atherogenic IDL and VLDL, independent of LDL cholesterol. The NCEP-ATPIII recommends that the goal for non-HDL is 30 mg/dL higher than the LDL goal for each level of risk (Table 1).

LDL and non-HDL Cholesterol goals based on Level of Risk:

	LDL	non-HDL
Very High (CHD-DM, MI, Metabolic Syndrome)	<70 mg/dL	N/A
High (DM, CHD Risk Equivalents)	<100 mg/dL	<130 mg/dL
Moderate (2+ Risk Factors)	<130 mg/dL	<160 mg/dL
0-1 Risk Factor	<160 mg/dL	<190 mg/dL

Table 1

In addition, the Chol/HDL ratio (an older calculated value no longer emphasized or monitored based on the NECP-APTIII guidelines), will be removed.

If you have any questions, please contact Wesley Kim, MD, Medical Director at 589-5131.