

Adults should be stratified according to their level of atherosclerotic cardiovascular disease (ASCVD) risk. According to the 2013 American College of Cardiology/American Heart Association (ACC/AHA) Guideline on the Assessment of Cardiovascular Risks (2013 ACC/AHA GACVR\*), ASCVD risk estimation requires an assessment of age, sex, race, total cholesterol, HDL cholesterol, systolic blood pressure, blood pressure lowering medication use, diabetes status, and smoking status. The ACC/AHA CV Risk Calculator, [www.cvriskcalculator.com/](http://www.cvriskcalculator.com/) (also available as a mobile app), can be downloaded to estimate an individual's 10-year risk for ASCVD.<sup>1</sup>

## The Lipid Panel

- Used to establish cardiovascular disease risk and provide guidance for management
- Traditionally uses a calculated LDL measurement

At TriCore Reference Laboratories, when a lipid panel detects a triglyceride level above 400 mg/dL (normal less than 150 mg/dL), a direct LDL is done in place of a calculated LDL (reflex to direct LDL).

## Why is reflex direct-LDL testing done?

- When triglyceride levels exceed 400 mg/dL, a calculated LDL is not reliable. In this scenario, a direct LDL measurement is indicated. Additional charges will apply.

## What methodology should I use to monitor my patient's elevated LDL?

- Direct LDL - no need to run a full lipid panel, and does not require fasting (a benefit for diabetics)

Following lipid panel screening, the PCP can provide their patient a 10-year ASCVD risk and determine the need for and frequency of follow-up and treatment.

## Why TriCore?

- Ease of ordering
- Continuum of care
- Clinical value of the tests. Let TriCore do the thinking for you.
- Save money, time and improve patient care.

\* The 2013 ACA/AHA GACVR includes more criteria than the Farmingham ATP III calculator released in 2001 and may overestimate the risk of ASCVD, especially in certain ethnic groups.

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## Reference

- <sup>1</sup> [http://my.americanheart.org/professional/StatementsGuidelines/PreventionGuidelines/Prevention-Guidelines\\_UCM\\_457698\\_SubHomePage.jsp](http://my.americanheart.org/professional/StatementsGuidelines/PreventionGuidelines/Prevention-Guidelines_UCM_457698_SubHomePage.jsp)