American Association of Clinical Endocrinologists/American College of Endocrinology Make Substantial Updates to Dyslipidemia Clinical Practice Guidelines

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JACKSONVILLE, Fla.--(BUSINESS WIRE)--The American Association of Clinical Endocrinologists (AACE) and the American College of Endocrinology (ACE) today announced the online publication of clinical practice guidelines for dyslipidemia management and atherosclerosis prevention in which a new cardiovascular risk category is introduced, along with far-reaching lipid management goals.

An update of Medical Guidelines for Clinical Practice for the Diagnosis and Treatment of Dyslipidemia and Prevention of Atherosclerosis, published by AACE in 2012, the 2017 document introduces a cardiovascular disease “Extreme Risk” category and accompanying lipid-lowering treatment goals. Included in the Extreme Risk category are those who have progressive cardiovascular disease, including patients with unstable angina who have achieved a lowered LDL cholesterol level; patients who have established cardiovascular disease accompanied by diabetes mellitus, chronic kidney disease (stages 3 or 4), or familial hypercholesterolemia; and men 55 or younger and women 65 and younger who have a history of premature cardiovascular disease.

The guidelines also emphasize the importance of assessing women for cardiovascular disease using tools to determine the 10-year risk for a coronary event, as well as diagnosing and managing children and adolescents with dyslipidemia as early as possible to decrease the long-term risk of adult cardiovascular events.

And new to the 2017 document is an assessment of the value of adding ezetimibe and PCSK9 inhibitors in patients with cardiovascular disease who are unable to reach LDL cholesterol goals with statin therapy.

“This update expands considerably on our previous knowledge base and with newer clinical trial data addresses a broader range of disease stages with more intense treatment and more aggressive intervention,” said Dr. Paul S. Jellinger, MACE, Chair of the AACE Lipids Guidelines Update Task Force Writing Committee.

“This statement will not only improve detection of the disease, but also provide the support necessary for physicians to ensure patients receive appropriate workup and optimal disease management to reduce further cardiovascular morbidity and mortality in these Extreme Risk patient groups,” added Dr. Yehuda Handelsman, FACP, FNLA, FACE, Chair of the AACE Lipids Guidelines Update Task Force.

The clinical practice guidelines Executive Summary will be published as an online supplement to the April 2017 issue of Endocrine Practice, AACE’s peer-reviewed journal. To review the complete guidelines online, visit: https://www.aace.com/files/lipid-guidelines.pdf.

About the American Association of Clinical Endocrinologists (AACE)

The American Association of Clinical Endocrinologists (AACE) represents more than 7,000 endocrinologists in the United States and abroad. AACE is the largest association of clinical endocrinologists in the world. A majority of AACE members are certified in endocrinology, diabetes and metabolism and concentrate on the treatment of patients with endocrine and metabolic disorders including diabetes, thyroid disorders, osteoporosis, growth hormone deficiency, cholesterol disorders, hypertension and obesity. Visit our site at www.aace.com.

About the American College of Endocrinology (ACE)

The American College of Endocrinology (ACE) is the educational and scientific arm of the American Association of Clinical Endocrinologists (AACE). ACE is the leader in advancing the care and prevention of
endocrine and metabolic disorders by: providing professional education and reliable public health information; recognizing excellence in education, research and service; promoting clinical research and defining the future of Clinical Endocrinology. For more information, please visit [www.aace.com/college](http://www.aace.com/college).

**About the Journal**

*Endocrine Practice*, the official journal of the American College of Endocrinology (ACE) and the American Association of Clinical Endocrinologists (AACE), is a peer-reviewed journal published twelve times a year. The Journal publishes the latest information in the treatment of diabetes, thyroid disease, obesity, growth hormone deficiency, sexual dysfunction and osteoporosis, and contains original articles, case reports, review articles, commentaries, editorials, visual vignettes, as well as classified and display advertising. Special issues of *Endocrine Practice* also include AACE clinical practice guidelines and other AACE/ACE white papers. Complete content is available on the *Endocrine Practice* website at [http://journals.aace.com](http://journals.aace.com).

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