2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults

Endorsed by the American Association of Cardiovascular and Pulmonary Rehabilitation, American Pharmacists Association, American Society for Preventive Cardiology, Association of Black Cardiologists, Preventive Cardiovascular Nurses Association, and WomenHeart: The National Coalition for Women with Heart Disease
This slide set is adapted from the 2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults. E-Published on November 12, 2013, available at:

ACC/AHA Blood Cholesterol Guideline

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Helping Cardiovascular Professionals
Conflict of Interest/Relationships
With Industry

1) All panel members disclosed conflict of interest information to the full panel in advance of the deliberations

2) Members with conflicts recused themselves from voting on any aspect of the guideline where a conflict might exist

3) All 16 members of the NHLBI ATP IV Panel transitioned to the ACC/AHA guideline Expert Panel

4) Independent contractors performed the systematic review with the assistance of the Expert Panel and provided methodological guidance to the Expert Panel
NHLBI Charge to the Expert Panel

- Evaluate higher quality RCT evidence for cholesterol-lowering drug therapy to reduce atherosclerotic cardiovascular disease (ASCVD) risk

  - Use Critical Questions (CQs) to create the evidence search from which the guideline is developed
    - Cholesterol Panel: 3 CQs
    - Risk Assessment Work Group: 2 CQs
    - Lifestyle Management Work Group: 3 CQs

  - Randomized clinical trials (RCTs) and systematic reviews/meta-analyses of RCTs independently assessed as fair to good quality

- Develop recommendations based on RCT evidence
Systematic Review Process

- The Expert Panel constructed CQs relevant to clinical practice.
- The Expert Panel identified (a priori) inclusion/exclusion (I/E) criteria for each CQ.
- An independent contractor developed a literature search strategy, based on I/E criteria, for each CQ.
- An independent contractor executed a systematic electronic search of the published literature from relevant bibliographic databases for each CQ.
- The date for the overall literature search was from January 1, 1995 through December 1, 2009.
- However, RCTs with the ASCVD outcomes of MI, stroke and cardiovascular death published after that date were eligible for consideration until July 2013.
### NHLBI Grading the Strength of Recommendation

<table>
<thead>
<tr>
<th>Grade</th>
<th>Strength of Recommendation*</th>
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<tbody>
<tr>
<td>A</td>
<td><strong>Strong recommendation:</strong> There is high certainty based on evidence that the net benefit† is substantial.</td>
</tr>
<tr>
<td>B</td>
<td><strong>Moderate recommendation:</strong> There is moderate certainty based on evidence that the net benefit is moderate to substantial, or there is high certainty that the net benefit is moderate.</td>
</tr>
<tr>
<td>C</td>
<td><strong>Weak recommendation:</strong> There is at least moderate certainty based on evidence that there is a small net benefit.</td>
</tr>
<tr>
<td>D</td>
<td><strong>Recommendation against:</strong> There is at least moderate certainty based on evidence that it has no net benefit or that risks/harms outweigh benefits.</td>
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</tbody>
</table>
| E     | **Expert opinion ("There is insufficient evidence or evidence is unclear or conflicting, but this is what the Panel recommends.")**  
Net benefit is unclear. Balance of benefits and harms cannot be determined because of no evidence, insufficient evidence, unclear evidence, or conflicting evidence, but the Panel thought it was important to provide clinical guidance and make a recommendation. Further research is recommended in this area. |
<p>| N     | <strong>No recommendation for or against (&quot;There is insufficient evidence or evidence is unclear or conflicting.&quot;)</strong> Net benefit is unclear. Balance of benefits and harms cannot be determined because of no evidence, insufficient evidence, unclear evidence, or conflicting evidence, and the Panel thought no recommendation should be made. Further research is recommended in this area. |</p>
<table>
<thead>
<tr>
<th>Type of Evidence</th>
<th>Quality Rating*</th>
</tr>
</thead>
</table>
| • Well-designed, well-executed† RCTs that adequately represent populations to which the results are applied and directly assess effects on health outcomes.  
• MAs of such studies.                                                                                                                                                                                                                                     | High            |
| **Highly certain about the estimate of effect. Further research is unlikely to change the Panel’s confidence in the estimate of effect.**                                                                                                                                 |                 |
| • RCTs with minor limitations‡ affecting confidence in, or applicability of, the results.  
• Well-designed, well-executed nonrandomized controlled studies § and well-designed, well-executed observational studies║.  
• Meta-analyses of such studies.                                                                                                                                                                                                                      | Moderate        |
| **Moderately certain about the estimate of effect. Further research may have an impact on the Panel’s confidence in the estimate of effect and may change the estimate.**                                                                                                    |                 |
| • RCTs with major limitations.  
• Nonrandomized controlled studies and observational studies with major limitations affecting confidence in, or applicability of, the results.  
• Uncontrolled clinical observations without an appropriate comparison group (e.g., case series, case reports).  
• Physiological studies in humans.  
• Meta-analyses of such studies.                                                                                                                                                                                                                       | Low             |
| **Low certainty about the estimate of effect. Further research is likely to have an impact on the Panel’s confidence in the estimate of effect and is likely to change the estimate.**                                                                                                                  |                 |
Classification of Recommendations and Levels of Evidence

<table>
<thead>
<tr>
<th>Level A</th>
<th>Level B</th>
<th>Level C</th>
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</thead>
<tbody>
<tr>
<td>Multiple populations evaluated*</td>
<td>Limited populations evaluated*</td>
<td>Very limited populations evaluated*</td>
</tr>
<tr>
<td>Data derived from multiple randomized clinical trials or meta-analyses</td>
<td>Data derived from a single randomized trial or nonrandomized studies</td>
<td>Only consensus opinion of experts, care studies, or standard of care</td>
</tr>
</tbody>
</table>

*Data available from clinical trials or registries about the usefulness/efficacy in different subpopulations, such as sex, age, history of diabetes, history of prior myocardial infarction, history of heart failure, and prior aspirin use.

†For comparative effectiveness recommendations (Class I and IIa; Level of Evidence A and B only), studies that support the use of comparator verbs should involve direct comparisons of the treatments or strategies being evaluated.
Statin Benefit Groups

- Clinical ASCVD
- LDL-C ≥190 mg/dL without secondary cause
- Primary prevention – Diabetes(DM) – Age 40-75 years – LDL-C 70-189 mg/dL
- Primary prevention – No DM – Age 40-75 years – LDL-C 70-189 mg/dL; ASCVD risk ≥ 7.5%*

*Requires risk discussion with the clinician before statin prescription

Statin therapy may be considered if risk decision uncertain after use of ASCVD risk calculator.
Vignettes – Putting a face on Patients in whom ASCVD Risk Reduction Works

• 63 yo man with an MI; discharged on a high intensity statin

• 26 yo woman with elevated LDL-C of 260 mg/dl, noted in teens, + family history CHD

• 44 year old woman with diabetes, well-controlled hypertension and microalbumininuria

• 56 year old African American woman with multiple ASCVD risk factors
Guideline Scope

• Focus on *treatment of blood cholesterol to reduce ASCVD risk in adults*

• Emphasize adherence to a heart healthy lifestyle
  - See lifestyle guideline recommendations

• Identify individuals *most likely to benefit* from cholesterol-lowering therapy
  - 4 statin benefit groups

• Identify safety issues
New Perspective on LDL–C & non-HDL–C Goals

- Lack of RCT evidence to support titration of drug therapy to specific LDL–C and/or non-HDL–C goals
- Strong evidence that *appropriate intensity of statin therapy* should be used to reduce ASCVD risk *in those most likely to benefit*
- Quantitative comparison of statin benefits with statin risk
- Nonstatin therapies – did not provide ASCVD risk reduction benefits or safety profiles comparable to statin therapy
Why Not Continue to Treat to Target?

**Major difficulties:**

1) Current RCT data do not indicate what the target should be
2) Unknown magnitude of additional ASCVD risk reduction with one target compared to another
3) Unknown rate of additional adverse effects from multidrug therapy used to achieve a specific goal
4) Therefore, unknown net benefit from treat-to-target approach
4 Statin Benefit Groups

ASCVD Statin Benefit Groups
Heart healthy lifestyle habits are the foundation of ASCVD prevention. In individuals not receiving cholesterol-lowering drug therapy, recalculate estimated 10-y ASCVD risk every 4-6 y in individuals aged 40-75 y without clinical ASCVD or diabetes and with LDL–C 70-189 mg/dL.

Clinical ASCVD

- Yes
  - Age ≤75 y
    - High-intensity statin
      - (Moderate-intensity statin if not candidate for high-intensity statin)
  - Yes
    - Age >75 y OR if not candidate for high-intensity statin
      - Moderate-intensity statin
  - Yes
    - LDL–C ≥190 mg/dL
      - Yes
        - High-intensity statin
          - (Moderate-intensity statin if not candidate for high-intensity statin)
      - Yes
        - Diabetes Type 1 or 2
          - Age 40-75 y
            - Yes
              - Estimated 10-y ASCVD risk ≥7.5%
                - High-intensity statin
            - Yes
              - Moderate-intensity statin
    - No
      - LDL–C <190 mg/dL
        - Yes
          - Moderate-intensity statin
        - No
          - IA

Definitions of High- and Moderate-Intensity Statin Therapy (See Table 5)

- High
  - Daily dose lowers LDL–C by approx. ≥50%
- Moderate
  - Daily dose lowers LDL–C by approx. 30% to <50%
4 Statin Benefit Groups (continued)

Estimate 10-y ASCVD Risk with Pooled Cohort Equations*

≥7.5% estimated 10-y ASCVD risk and age 40-75 y

Yes

Moderate-to-high intensity statin

No

ASCVD prevention benefit of statin therapy may be less clear in other groups

In selected individuals, consider additional factors influencing ASCVD risk‡ and potential ASCVD risk benefits and adverse effects, drug-drug interactions, and patient preferences for statin treatment

*10-year ASCVD Risk Calculator online
### Intensity of Statin Therapy

#### Table 5. High- Moderate- and Low-Intensity Statin Therapy (Used in the RCTs reviewed by the Expert Panel)*

<table>
<thead>
<tr>
<th>High-Intensity Statin Therapy</th>
<th>Moderate-Intensity Statin Therapy</th>
<th>Low-Intensity Statin Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily dose lowers LDL–C on average, by approximately ≥50%</td>
<td>Daily dose lowers LDL–C on average, by approximately 30% to &lt;50%</td>
<td>Daily dose lowers LDL–C on average, by &lt;30%</td>
</tr>
<tr>
<td><strong>Atorvastatin (40†)–80 mg</strong></td>
<td><strong>Atorvastatin 10 (20) mg</strong></td>
<td><strong>Simvastatin 10 mg</strong></td>
</tr>
<tr>
<td><strong>Rosuvastatin 20 (40) mg</strong></td>
<td><strong>Rosuvastatin (5) 10 mg</strong></td>
<td><strong>Pravastatin 10–20 mg</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Simvastatin 20–40 mg‡</strong></td>
<td><strong>Lovastatin 20 mg</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Pravastatin 40 (80) mg</strong></td>
<td><strong>Fluvastatin 20–40 mg</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Lovastatin 40 mg</strong></td>
<td><strong>Fluvastatin XL 80 mg</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Fluvastatin 40 mg bid</strong></td>
<td><strong>Pitavastatin 1 mg</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Pitavastatin 2–4 mg</strong></td>
<td></td>
</tr>
</tbody>
</table>

*Individual responses to statin therapy varied in the RCTs and should be expected to vary in clinical practice. There might be a biologic basis for a less-than-average response.
†Evidence from 1 RCT only: down-titration if unable to tolerate atorvastatin 80 mg in IDEAL (47).
‡Although simvastatin 80 mg was evaluated in RCTs, initiation of simvastatin 80 mg or titration to 80 mg is not recommended by the FDA due to the increased risk of myopathy, including rhabdomyolysis.
Evaluate and Treat Laboratory Abnormalities

- Triglycerides $\geq 500$ mg/dL
- LDL–C $\geq 190$ mg/dL
- Secondary causes (Table 6)
- If primary, screen family for FH
- Unexplained ALT $>3X$ ULN

Clinical ASCVD

Not currently on statin therapy
Initial evaluation prior to statin initiation
- Fasting lipid panel*
- ALT
- CK (if indicated)
- Consider evaluation for other secondary causes (Table 6) or conditions that may influence statin safety (Table 8, Rec 1).

Aged $\leq 75$ y
without contraindications, conditions or drug-drug interactions influencing statin safety, or a history of statin intolerance
- Initiate **high-intensity** statin therapy
- Counsel on healthy lifestyle habits

Aged $>75$ y†
**or**
with conditions or drug-drug interactions influencing statin safety, or a history of statin intolerance
- Initiate **moderate-intensity** statin therapy
- Counsel on healthy lifestyle habits

Monitor statin therapy (Figure 5)
Primary Prevention

Initiating Statin Therapy

No Clinical ASCVD
Not currently on cholesterol-lowering drugs
Initial evaluation prior to statin initiation
- Fasting lipid panel
- ALT
- Hemoglobin A1c (if diabetes status unknown)
- CK (if indicated)
- Consider evaluation for other secondary causes (Table 6) or conditions that may influence statin safety (Table 8, Rec 1)

Evaluate and Treat Laboratory Abnormalities
1. Triglycerides >2500 mg/dL
2. LDL-C >190 mg/dL
   - Secondary causes (Table 6)
   - If primary, screen family for FH
3. Unexplained ALT >3X ULN

Assign to statin benefit group (Figure 2)
Counsel on healthy lifestyle habits

Diabetes and age 40-75 y or LDL-C ≥190 mg/dL

No diabetes, age 40-75 y, and LDL-C 70-169 mg/dL

Estimate 10-y ASCVD risk with Pooled Cohort Equations

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American Heart Association

Primary Prevention

Initiating Statin Therapy (continued)

- Estimate 10-y ASCVD risk† with Pooled Cohort Equations
  - ≥7.5% 10-y ASCVD risk
    - Clinicians and patients should engage in a discussion of the potential for:
      1. ASCVD risk reduction benefits§
      2. Adverse effects§
      3. Drug-drug interactions
      4. Patient preferences
  - 5%-<7.5% 10-y ASCVD risk
  - <5% 10-y ASCVD risk
  - Age <40 or >75 y and LDL–C <190 mg/dL
    - In selected individuals, additional factors may be considered to inform treatment decision making†

- Initiate statin therapy (Figure 2)
  - Re-emphasize healthy lifestyle habits

- Monitor statin therapy (Figure 5)
Primary Prevention
Global Risk Assessment

• To estimate 10-year ASCVD risk
  ▪ New Pooled Cohort Risk Equations
  ▪ White and black men and women
• More accurately identifies higher risk individuals for statin therapy
  ▪ Focuses statin therapy on those most likely to benefit
  ▪ You may wish to avoid initiating statin therapy in high-risk groups found not to benefit (higher grades of heart failure and hemodialysis)
Primary Prevention
Statin Therapy

• Thresholds for initiating statin therapy derived from RCTs
• Before initiating statin therapy, clinicians and patients engage in a discussion of the potential for ASCVD risk reduction benefits, potential for adverse effects, drug-drug interactions, and patient preferences
Individuals Not in a Statin Benefit Group

- In those not clearly in a statin benefit group, additional factors may inform treatment decision-making
  - *Family history of premature ASCVD*
  - *Elevated lifetime risk of ASCVD*
  - *LDL-C ≥ 160 mg/dL*
  - *hs-CRP ≥ 2.0 mg/L*
  - *Subclinical atherosclerosis*
    - CAC score ≥ 300 or ABI <0.9
- Discussion of potential for ASCVD risk reduction benefit, potential for adverse effects, drug-drug interactions, and patient preferences
Safety

- RCTs & meta-analyses of RCTs used to identify important safety considerations
- Allow estimation of **net benefit** from statin therapy
  – ASCVD risk reduction versus adverse effects
- Expert guidance on management of statin-associated adverse effects, including muscle symptoms
- Advise use of additional information including pharmacists, manufacturers prescribing information, & drug information centers for complex cases
Statin Therapy: Monitoring Response and Adherence

Assess medication and lifestyle adherence
Fasting lipid panel*

Anticipated therapeutic response?

- Yes
  - Reinforce continued adherence
    - Follow-up 3-12 mo
    - Anticipated therapeutic response?
      - Yes
        - Indicators of anticipated therapeutic response and adherence to selected statin intensity:
          - High-intensity statin therapy† reduces LDL–C approx. ≥50% from the untreated baseline.
          - Moderate-intensity statin therapy reduces LDL–C approx. 30% to <50% from the untreated baseline.

- No
  - Less-than-anticipated therapeutic response
    - Intolerance to recommended dose of statin therapy
      - Yes
        - Management of statin intolerance (Table 8, Rec 8)
†In those already on a statin, in whom baseline LDL–C is unknown, an LDL–C <100 mg/dL was observed in most individuals receiving high-intensity statin therapy in RCTs.
Management of Muscle Symptoms on Statin Therapy

• It is reasonable to evaluate and treat muscle symptoms including pain, cramping, weakness or fatigue in statin-treated patients according to the following management algorithm.

• To avoid unnecessary discontinuation of statins, obtain a history of prior or current muscle symptoms to establish a baseline before initiating statin therapy.
If unexplained severe muscle symptoms or fatigue develop during statin therapy:

- promptly discontinue the statin
- address possibility of rhabdomyolysis with:
  - CK
  - Creatinine
  - urine analysis for myoglobinuria
Management of Muscle Symptoms on Statin Therapy (con’t)

If mild-to-moderate muscle symptoms develop during statin therapy:

• Discontinue the statin until the symptoms are evaluated
• Evaluate the patient for other conditions* that might increase the risk for muscle symptoms
• If after 2 months without statin Rx, muscle symptoms or elevated CK levels do not resolve completely, consider other causes of muscle symptoms

*Hypothyroidism, reduced renal or hepatic function, rheumatologic disorders such as polymyalgia rheumatica, steroid myopathy, Vitamin D deficiency or primary muscle diseases
Statin-Treated Individuals
Nonstatin Therapy Considerations

- Use the maximum tolerated intensity of statin
- Consider addition of a nonstatin cholesterol-lowering drug(s)
  - If a less-than-anticipated therapeutic response persists
  - Only if ASCVD risk-reduction benefits outweigh the potential for adverse effects in higher-risk persons:
    - Clinical ASCVD <75 years of age
    - Baseline LDL–C ≥190 mg/dL
    - Diabetes mellitus 40 to 75 years of age
- Nonstatin cholesterol-lowering drugs shown to reduce ASCVD events in RCTs are preferred
None of these need ASCVD Risk Calculation

**Case 1: ASCVD ≤ 75 yrs of age**
- evidence supports high intensity statin therapy for optimal risk reduction in those who tolerate it
- Moderate intensity may be initiated or used if >75
- Also if high intensity Rx not safe or not tolerated

**Case 2: LDL-C ≥ 190 mg/dl; other causes ruled out.**
- evidence supports high intensity statin therapy
- LDL-C levels may still remain very high, even after the intensity of statin therapy has been achieved, addition of a nonstatin drug may be considered to further lower LDL–C.
Lessons from the Vignettes

ASVD Risk calculator useful in these

• Case 3: Diabetes; 40-75; LDL-C 70-189 mg/dl
  – Evidence supports moderate intensity statin Rx to be initiated or continued
  – High intensity statin Rx reasonable if 10 year ASCVD risk calculated to be ≥ 7.5%

• Case 4: Primary prevention; not low risk for ASCVD
  – Use pooled cohort equations (risk calculator) to estimate 10-year ASCVD risk for individuals with LDL–C 70 to 189 mg/dL to guide initiation of statin therapy
  – Engage in a treatment discussion with patient before treatment is initiated. Acknowledge what matters most.
Lessons from the Vignettes

• In selected individuals with LDL–C <190 mg/dL who are considered for primary prevention therapies:
  – Not otherwise identified in a statin benefit group
  Or
  – after quantitative risk assessment, a risk-based treatment decision is uncertain

Then additional factors may be considered to inform treatment decision making (eg LDL ≥ 160, family history premature ASCVD, lifetime risk of ASCVD, hs-CRP ≥ 2.0; CAC score ≥ 300; ABI ≤ 0.90)
Lessons from the Vignettes

• In selected individuals with LDL–C <190 mg/dL who are considered for primary prevention therapies:
  – In these individuals, statin therapy for primary prevention may be considered after evaluating the potential for ASCVD risk reduction benefits, adverse effects, drug-drug interactions, and discussion of patient preferences.
  – Example of where guidelines inform clinical judgment but do not replace it
Future Updates to the Blood Cholesterol Guideline

- This is a comprehensive guideline for the evidence-based treatment of blood cholesterol to reduce ASCVD risk
- These guidelines represent a change from previous guidelines.
- For primary prevention, they are “patient-centered”
- Guidelines will change in the future as high-quality data will improve future cholesterol treatment guidelines