

ATP III Guidelines

Population Groups

Special Considerations for Different Population Groups

Younger Adults

- Men 20–35 years; women 20–45 years
- Coronary atherosclerosis accelerated by CHD risk factors
- Routine cholesterol screening recommended starting at age 20
- Hypercholesterolemic patients may need LDL-lowering drugs

Special Considerations for Different Population Groups (continued)

Older Adults

- Men ≥ 65 years and women ≥ 75 years
- High LDL and low HDL still predict CHD
- Benefits of LDL-lowering therapy extend to older adults
- Clinical judgment required for appropriate use of LDL-lowering drugs

Special Considerations for Different Population Groups (continued)

Women (Ages 45–75 years)

- CHD in women delayed by 10–15 years (compared to men)
- Most CHD in women occurs after age 65
- For secondary prevention in post-menopausal women
 - Benefits of hormone replacement therapy doubtful
 - Benefits of statin therapy documented in clinical trials

Special Considerations for Different Population Groups (continued)

Middle-Aged Men (35–65 years)

- CHD risk in men > women
- High prevalence of CHD risk factors
- Men prone to abdominal obesity and metabolic syndrome
- CHD incidence high in middle-aged men
- Strong clinical trial evidence for benefit of LDL-lowering therapy

Special Considerations for Different Population Groups (continued)

Racial and Ethnic Groups

- Absolute risk for CHD may vary in different racial and ethnic groups
- Relative risk from risk factors is similar for all population groups
- ATP III guidelines apply to:
 - African Americans
 - Hispanics
 - Native Americans
 - Asian and Pacific Islanders
 - South Asians