

Laboratory Bulletin

Important News from DCL Medical Laboratories



July 31, 2009

National Cholesterol Education Program guidelines to be used for tests included in the Lipid Panel

DCL has recently reviewed literature regarding the recommended guidelines for the tests included in Lipid Panel testing.

Through the work of the Adult Treatment Panel III (ATP III) of the National Cholesterol Education Program (NCEP) an evidence-based set of guidelines has been issued on cholesterol management. The American Heart Association has endorsed the NCEP guidelines for detection of high cholesterol. For this reason it has been decided to update DCL Lipid Panel testing reports to reflect guidelines established by the NCEP (ATP III).

DCL also recognizes that clear and concise reports are a necessity for our clients. To fulfill this need and because it is recommended by the NCEP (ATP III) and the American Heart Association that healthcare providers use the absolute numbers for HDL and LDL to determine patient care, DCL Lipid panel testing reports will not longer include calculated ratios.

It is recommended by the NCEP and AHA that the absolute cholesterol numbers be used to plan treatment rather than the HDL/LDL ratio or any other cholesterol ratio.

The second page of this Laboratory Bulletin details the new guidelines that you will soon see on your reports for this testing. If you have any questions, please contact DCL Client Services at (317) 874-1334 or toll free at (866) 874-1334.

Lipid Panel	
LIPID	DCL #: 2048
Tests Included:	Cholesterol (2015) Cholesterol HDL (2041) LDL Direct Measure (2016) Triglycerides (2064)
Collection Container:	SST - Serum
Storage/Stability:	7 days refrigerated
Turnaround Time:	Within 24 hours
Days Run:	Mon - Fri
Preferred amount:	2.0 mL
Minimum amount:	1.0 mL
Centrifuge required?:	Yes
Fasting required?:	10-14 hours required
Method:	
Reference Range:	See charts on page two.
Clinical Utility:	Aid in the evaluation of potential risk factors for atherosclerotic heart disease; Evaluate hyperlipidemia as an index to coronary artery disease; Monitor effects on blood lipids and lipoproteins of weight loss, increased physical activity, and lipoprotein-modifying drugs; Also see information on individual tests included in this panel
CPT: 80061	Medicare Reimbursement: \$19.57

* Per Jan. 2009 Clinical Diagnostic Laboratory Fee Schedule for Indiana.

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The following guidelines were developed by the National Cholesterol Education Program ATP III to classify LDL, Total and HDL Cholesterol and triglycerides (mg/dL).

LDL Cholesterol

<100 mg/dL	Optimal
100-129 mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
≥ 190 mg/dL	Very High

Total Cholesterol

< 200 mg/dL	Desirable
200-239 mg/dL	Borderline high
≥ 240 mg/dL	High

HDL Cholesterol

≤ 40 mg/dL	Low
≥ 60 mg/dL	High

Triglycerides

< 150 mg/dL	Normal
150-199 mg/dL	Borderline high
200-499 mg/dL	High
≥ 500 mg/dL	Very High

References

National Cholesterol Education Program. (2001 May). *ATP III Guidelines At-A-Glance Quick Desk Reference*. The National Institutes of Health. Retrieved July 29, 2009, from <http://www.nhlbi.nih.gov/guidelines/cholesterol/atglance.pdf>

The American Heart Association. (2009). *Cholesterol Ratio AHA Recommendation*. Retrieved July 29, 2009, from <http://www.americanheart.org/presenter.jhtml?identifier=4503>

ReduceTriglycerides.com (2009). *Triglyceride Levels: Current Guidelines*. Full of Health Inc. Retrieved July 30, 2009, from http://www.reduceTriglycerides.com/diet_triglycerides_fasting_levels.htm