

## Section 10: Cholesterol

### Summary of Recommendations

*Prevención Clínica. Guía para médicos – Washington, D.C.; PAHO, 1998. 334 p. - Scientific Publication Nº 568*

1. Case-finding [measurement of total cholesterol] directed at all males between the ages of 30 and 59 that consult a doctor for any reason, adhering to the clinical opinion in all other circumstances. The optimal testing interval for people with total cholesterol levels of 6.2 mmol/l or lower is unknown; however, it may be a good idea to repeat testing every five years. Type of recommendation: (C)
2. A step-by-step diet to reduce fat intake, complemented with a cholesterol-reducing drug in cases where the response is inadequate. [The treatment is effective for reducing the incidence of cardiovascular disease in men between the ages of 30 and 59.] There is reasonable evidence to support its inclusion within the PHE. Type of recommendation: (B).

### Proposed Basic Indicators

Nº	Indicator	Numerator/denominator X 100
1.	Prevalence of hypercholesterolemia and high cholesterol (risk)	Total number of people with high risk levels of total cholesterol or that are following treatment with medication Total number of participants in the study
2.	People who know they have high cholesterol	Number people who know they have high cholesterol Total number of people with high risk levels of total cholesterol or that are following treatment with medication
3.	People with high cholesterol who are following some type of treatment	Number of people with high risk levels of cholesterol who are following some type of treatment Number of people who are aware of their condition
4.	People with high cholesterol who are following treatment to control it	Total number of people with normal cholesterol levels Number people with high cholesterol who are following some type of treatment
5.	Men between the ages of 30 and 59 who have had their cholesterol level tested at least once during their lifetime	Number of men between the ages of 30 and 59 that have had their blood pressure checked Total number of participants in the study
6.	Type of treatment for patients with high cholesterol: (a) treatment with medication (b) treatment without medication (a+b) both	(a) or (b) or (a + b) Number of people with high cholesterol who are following some type of treatment
7.	Cholesterol (population mean)	(b) (c)

