

REF: **MDH/45/2022**
FROM: Human Resources and Administration Directorate
TO: All Staff

LIPID PROFILE REPORTING

Tue 15-Feb-2022

The Pathology Department will cease to report reference ranges on lipid profile parameters and will instead adopt a policy of reporting target levels for patients with various risk categories for Cardiovascular Disease. This changeover will take place from the 21st February 2021.

The format of the reporting will be as follows:

Cholesterol Total (Serum)

Hardly ever consider in isolation but as part of a cardiovascular risk continuum.

Triglycerides Fasting (Serum)

Values >1.7mmol/ l might be indicative of Metabolic Syndrome if other risk factors exist

HDL-Cholesterol (Serum)

Values <1.0 in men, <1.3 in women might be indicative of Metabolic Syndrome if other risk factors exist. Values >2.0 may be associated with increased cardiovascular risk

Non-HDL-cholesterol (Serum; calculated)

Target goal of 0.8mmol/ l higher than the corresponding LDL-C goal

LDL-cholesterol (Serum; calculated/ direct)

Target value varies according to the level of cardiovascular risk of the patient. ESC recommendations are $\leq 50\%$ from baseline AND <1.4 mmol/ l (for very high risk patients), <1.8 mmol/ l (high risk), <2.6 mmol/ l (moderate risk), <3 mmol/ l (low risk).

Total/ HDL-cholesterol Ratio (calculated)

Values >6 are associated with increased cardiovascular risk

A non-exhaustive list of examples of the various risk groups is listed hereunder for guidance:

Very high risk:

Calculated SCORE 10% or more for 10-year risk of fatal CVD;

Documented Athero-Sclerotic Cardio-Vascular Disease (ASCVD) (clinical or on imaging);

DM with target organ damage, or at least 3 major RFs, or early onset of T1DM of long duration (>20 years);

Severe CKD (eGFR <30 ml/min/1.73m²; eGFR 30-44 ml/min/1.73m²+ ACR >30)

Patients with Familial Hypercholesterolaemia having ASCVD or any other major RF.

High risk:

Calculated SCORE 5.1 – 9.9% for 10-year risk of fatal CVD;

Patients with DM with target organ damage, duration >10 years or additional risk factor present;

Stage 3 CKD (eGFR 30-44 ml/min/1.73m² + ACR <30; eGFR 45-59 ml/min/1.73m² + ACR 30-300; ACR >300)

Markedly elevated single RFs e.g. TC >8mmol/L, LDL-C >4.9mmol/L or BP >180/100 mmHg;

Patients with FH without other major risk factors.

Moderate risk:

Calculated SCORE 1.1-4.9% for 10-year risk of fatal CVD;

Young diabetic patients with <10 year duration and without other risk factors present (T1DM <35 yrs; T2DM <50 yrs)

Low risk:

Calculated SCORE <1% for 10-year risk of fatal CVD

The Systematic Coronary Risk Evaluation (SCORE 2) refers to risk assessment charts (high & low cardiovascular risk) based on gender, age, total cholesterol, systolic blood pressure and smoking status. Malta is included in the European Low Risk Chart. An inter-active internet-based tool may be found on heartscore.escardio.org/2016/quickcalculator.aspx?model=EuropeLow

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