

## Management Of Lipids

A meal plan designed both to lower glucose levels and to alter lipid patterns and regular physical activity are the cornerstones in the management of lipid disorders. The goal of nutrition therapy should focus on three major strategies: weight loss if indicated, increased physical activity, and meal plan recommendations individualized for the patient.

Saturated fat intake is targeted to <10% of total calories in persons with acceptable LDL-cholesterol levels and to <7% of total calories in persons with elevated LDL-cholesterol levels.

The specific goals of treatment are as follows:

- 1) The primary goal of therapy for the diabetic patient is to lower LDL cholesterol to <100 mg/dl and triglycerides to = 200 mg/dl.
- 2) People with diabetes who have triglyceride levels = 1,000 mg/dl are at risk of pancreatitis and other manifestations of the hyperchylomicronemic syndrome. These individuals need special, immediate attention to lower triglyceride levels to < 400 mg/dl. Further reduction to Adult Treatment Panel II goals of < 200 may be beneficial. Treatment with fibrates, niacin or atorvastatin may be necessary.
- 3) A secondary goal of therapy is to raise HDL cholesterol to > 35 mg/dl in men and > 45 mg/dl in women.
- 4) The primary goal of therapy for children with risk factors in addition to diabetes is to lower LDL cholesterol to <160 mg/dl.

### Lipid Lowering Drugs

## DYSLIPIDEMIA

