

New goals of LDL-cholesterol and non-HDL-cholesterol.

The Belgian Atherosclerosis Society/Lipid Club (BAS) has adopted new goals for LDL-cholesterol and non-HDL cholesterol according to updated 2019 guidelines of the European Society of Cardiology (ESC) and European Atherosclerosis Society (EAS) for dyslipidemia management and prevention of cardiovascular disease. The new goals are endorsed by the Royal Belgian Society of Laboratory Medicine (RBSLM) for implementation in the clinical laboratories' lipid profiles.

The recommended flaggings of abnormal lipid concentrations (population-based risk thresholds) and of therapeutic goals (based on patient's estimated risk SCORE) are as follows:

Test	Default flagging	Therapeutic goals*
Triglycerides	175 mg/dL	
Total cholesterol	190 mg/dL	
LDL-cholesterol	115 mg/dL	Very-high risk goal: < 55mg/dL High risk goal: < 70 mg/dL Moderate risk goal: < 100 mg/dL Low risk goal: < 115 mg/dL
Non-HDL cholesterol	145 mg/dL	Very-high risk goal: < 85 mg/dL High risk goal: < 100 mg/dL Moderate risk goal: < 130 mg/dL
HDL-cholesterol	Men 40 mg/dL Women 45 mg/dL	


*To be displayed in footnote/comment on the lipid profiles or with reference/link to information on laboratory website.

Further explanation and guidance is provided in papers (in French/Dutch) enclosed in annex. We strongly recommend to adjust the goals on the reported lipid profiles, in order to assist clinicians achieving optimal cardiovascular prevention strategies in their patients.

With best regards,



Prof. Olivier Descamps
President, BAS



Prof. Etienne Cavalier
President, RBSLM

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