

February 6, 2015

### **Updated Lipid Guidelines**

As many of you may be aware the recommendations for cholesterol management have changed.

These guidelines, adopted by the American Heart Association and American College of Cardiology, include strong recommendations for the highest doses of statin drugs, such as Lipitor and Crestor that a patient can tolerate. Specific number goals have been eliminated and now the goal is to lower your LDL or bad cholesterol by 50% from baseline.

Routine blood monitoring is no longer indicated. As the incidence of abnormal liver function and muscle enzymes is very rare, this is unnecessary. If you develop unusual symptoms such as tea-colored urine, severe muscle weakness or pain, abdominal pain, jaundice, or fatigue, contact our office or your primary care provider for further evaluation.

Please call our office if you have any questions at (334) 613-0807. We thank you for allowing us to take care of your cardiac needs.

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