



TECHNICAL BULLETIN

NEW TEST **TEST CHANGE**

NOTIFICATION DATE: 10/7/2020

EFFECTIVE DATE: 10/20/2020

Changes to Lipid Panel Report (LIPID)

In conformance to current cardiovascular disease treatment and preventive guidelines and recommendations¹, Northwell Health Laboratories will update the Lipid Panel report (**Test code: LIPID**) with the following changes:

TEST CHANGES

1. The cholesterol/HDL ratio has been removed since it is not included in the guidelines.
2. The Non-HDL Cholesterol calculated value has been added to the panel as recommended in the guidelines.
3. Specimen requirements have not changed and either plasma (mint green-top) or serum (gold-top tube) is acceptable. Fasting is recommended but not required.

NEW INTERPRETIVE COMMENTS

The table of LDL-C treatment objectives will be updated. It will include only two risk levels: one for general use, and a second one to be applied to persons with atherosclerotic cardiovascular disease (ASCVD) at very high risk¹.

Patient's Atherosclerotic Cardiovascular Disease (ASCVD) Risk	Optimal Level (mg/dL)	
	LDL Cholesterol (LDL-C)	Non-HDL Cholesterol (Non-HDL-C)
All patients	< 100	< 130
ASCVD at Very High Risk ¹	< 70	< 100

- Non-HDL-Cholesterol (Non-HDL-C) is also a key target for cardiovascular risk reduction.
- Consider Familial Hypercholesterolemia when: LDL-C > 190 mg/dL or Non-HDL-C > 220 mg/dL.
- LDL-C calculation using the Friedewald equation is not provided when triglycerides > 400 mg/dL, in which case we recommend repeating the test after fasting, if it was not done before.
- When triglycerides >150 mg/dL, calculated LDL-C is provided but may still be inaccurate (particularly when LDL-C < 70 mg/dL). It can be recalculated off-line using other equations (e.g. Martin SS, Blaha MJ, Elshazly MB, *et al.* JAMA 2013;310:2061-8).

[1] Grundy, Scott M., et al. "2019 AHA/ACC... guideline on the management of blood cholesterol: a report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines." *Circulation*;139:e1082-e114

*These values apply only to persons 20 years and older.

If you have any questions, please contact Client Services at (516) 719-1100.