

## For health care professionals

## Who to refer

### REACH Clinic referral criteria - Cardiovascular disease risk factors

| CVD risk factor   | Dyslipidemia |                 |       |       | Insulin resistance |                  |                            |        |
|-------------------|--------------|-----------------|-------|-------|--------------------|------------------|----------------------------|--------|
|                   | Test         | <sup>1</sup> Tg | LCL-C | HDL-C | Non-HDL -C*        | <sup>1</sup> FBG | 2 Hr. <sup>2</sup> Glucose | HgbA1c |
| Referral criteria |              | ≥500            | ≥160  | ≤ 20  | ≥ 160              | ≥100             | ≥140                       | ≥6%    |

<sup>1</sup>Fasting (≥9 hours) ; <sup>2</sup>Following an Oral Glucose Tolerance Test (1.75 grams/kg – max 75 grams)

\*non-HDL-C = Total Cholesterol – HDL-Cholesterol. The non-HDL-C represents the sum of all atherogenic cholesterol particles and is a better predictor of future risk of premature CVD (MI and stroke) than LDL-C. Boekholdt SM. et al. JAMA. 2012;307:1302–1309.

In most cases, a non-fasting lipid profile is adequate for cardiovascular risk assessment, evaluation of lipid-lowering therapy and for the differentiation between primary lipid disorders. The measurement of non-fasting lipid profiles has several advantages: patients do not need to fast and clinicians can have the lipid profile determined at any random time of day. M. de Vries et al. Atherosclerosis 234 (2014) 473e475.