

# Age-, sex-specific thresholds should guide statin therapy

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(HealthDay)—Use of age- and sex-specific cardiovascular disease (CVD) risk thresholds could improve the sensitivity and specificity of statin treatment recommendations, according to a study published in the April 28 issue of the *Journal of the American College of Cardiology*.

Ann Marie Navar-Boggan, M.D., Ph.D., from the Duke University Medical Center in Durham, N.C., and colleagues examined the potential impact of incorporating age- and sex-specific CVD risk thresholds into current cholesterol guidelines. Data were included from the Framingham Offspring Study for 3,685 participants free of CVD.

The researchers found that basing statin recommendations on a 10-year fixed risk threshold of 7.5 percent resulted in lower statin consideration for women (33 percent) than men (63 percent; *P* recommendations was

improved substantially. Specificity was poor among older adults (aged 66 to 75 years) but it improved significantly when the [treatment](#) threshold was raised to 10 percent in women and 15 percent in men, with minimal loss in sensitivity.

"Cholesterol [treatment recommendations](#) could be improved by using individualized age- and sex-specific CVD risk thresholds," the authors write.

Two authors disclosed financial ties to the pharmaceutical industry.

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