

Hispanics largely undertreated for high cholesterol

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Only one-third to one-half of Hispanics eligible to be treated with cholesterol-lowering statins are taking them, according to a study presented at the American Heart Association's Scientific Sessions 2015.

Researchers evaluated the need for high cholesterol treatment among 16,415 U.S. Hispanic/Latino adults. They found:

- 10.4 percent were being treated with statins.
- 20.5 percent were eligible for treatment based on recommendations for statin therapy eligibility under the 3rd National Cholesterol Education Program Adult Treatment Panel.
- 32.1 percent were eligible for the therapy under the 2013 American College of Cardiology/American Heart Association (ACC/AHA) [treatment guidelines](#).

The proportion of statin-eligible adults grew among [older adults](#) according to both recommendations and among males in the ACC/AHA guidelines. There was also an increase in eligibility for statin therapy in middle-aged adults.

Researchers said regardless of the definition for statin eligibility, Hispanics are largely undertreated.

Provided by American Heart Association

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