

Hispanics largely undertreated for high cholesterol

November 9 2015

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

Citation: Hispanics largely undertreated for high cholesterol (2015, November 9) retrieved 8 May 2024 from <https://medicalxpress.com/news/2015-11-hispanics-largely-undertreated-high-cholesterol.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.