

# European, American guidelines lead to different recs for statins

September 26 2016

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(HealthDay)—European and American guidelines lead to different

recommendations for statin therapy, according to a study published online Sept. 21 in *JACC: Cardiovascular Imaging*.

Amir A. Mahabadi, M.D., from the University of Duisburg-Essen in Germany, and colleagues assessed the [coronary artery calcification](#) (CAC) score of 3,745 subjects from the population-based longitudinal Heinz Nixdorf Recall cohort study without [cardiovascular disease](#) or lipid lowering therapy at baseline. Based on individual baseline characteristics, statin indication was determined according to 2012 European Society of Cardiology (ESC) and 2013 American Heart Association/American College of Cardiology (AHA/ACC) guidelines.

The researchers observed a lower frequency of statin recommendation with ESC versus AHA/ACC guidelines (34 versus 56 percent;  $P < 0.0001$ ); in subjects with statin indication by both guidelines, low CAC score (

Citation: European, American guidelines lead to different recs for statins (2016, September 26) retrieved 21 May 2024 from <https://medicalxpress.com/news/2016-09-european-american-guidelines-recs-statins.html>

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