

Here's an interesting update on the LDL guidelines.

Dear Dr,

Recently, the European Heart Association updated its definition of LDL cholesterol goals for different conditions.

For many years, the target LDL level for patients with a history of ischemic heart disease—such as those who have experienced a heart attack, undergone cardiac stenting, or had cardiac bypass surgery, as well as for patients with type II diabetes—was set at less than 1.8 mmol/L. This has now changed to a new goal of less than 1.4 mmol/L. There are still other recommended targets: 1.8 mmol/L, 2.6 mmol/L, and less than 3 mmol/L for other various conditions.

*For **Diabetic patients** or for patients with a **History of ischemic heart disease** LDL goal is changed to less than **1.4mmol/L***