

# Dyslipidemia Guidance Across the Lifespan



## Children & Adolescents

Promote lifelong heart-healthy behaviors

Screen to detect lipid disorders (e.g., familial hypercholesterolemia [FH])

Initiate lipid-lowering therapy for FH

## Adults

Measure lipids at least every five years

Measure Lp(a) once in a lifetime

Use American Heart Association's PREVENT-ASCVD equations for risk estimation (ages 30–79)

Incorporate risk enhancers in selected adults

Recommend lipid-lowering therapy proportional to risk

## Pregnancy & Reproductive Years

Consider reproductive risk markers when personalizing ASCVD risk assessment

Individualize therapy around pregnancy

Counsel on long-term cardiovascular risk

## Older Adults

Personalize lipid-lowering therapy beyond chronological age

Consider initiating therapy in selected older adults after clinician–patient discussion

Adjust or deprescribe lipid-lowering therapy when appropriate