

ABSTRACT

Aim: The 2026 ACC/AHA/AACVPR/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Dyslipidemia: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines provides an update to and consolidates new evidence since the 2018 guideline.

Methods: A comprehensive literature search was conducted from [10/14/24] to [12/10/24]. Clinical studies, systematic reviews and meta-analyses, and other evidence conducted on human participants that were published in English from MEDLINE (through PubMed), EMBASE, the Cochrane Library, AHRQ, and [other selected databases relevant to this guideline].

Structure: The focus of this clinical practice guideline is to address the evaluation, management, and monitoring of individuals with dyslipidemias, including high blood cholesterol, hypertriglyceridemia, and elevated lipoprotein(a) [Lp(a)].

PLAIN LANGUAGE SUMMARY

High cholesterol and other unhealthy blood fats can build up in the arteries over many years, increasing the risk for heart attacks and strokes. Because these problems can develop without symptoms, many people don't know their levels are high until damage has started. This buildup can start early in life, and long-term exposure to high cholesterol is a major cause of heart disease. It's important to understand the steps to take to protect heart health. Steps can include regular screening, lifestyle changes and medications when appropriate.

The 2026 Guideline on the Management of Dyslipidemia replaces the 2018 version. The 2018 version focused on blood cholesterol, but this guideline covers the broader category of dyslipidemias to reflect that particles other than LDL (bad) cholesterol can cause buildup in the arteries. The guideline was created after reviewing clinical studies, reviews and other evidence of studies in people. It updates current knowledge about how to evaluate, treat and monitor people with high blood cholesterol, high triglycerides, high lipoprotein(a) and other cholesterol-related particles.