

NEWS&NOTES

The Newsletter for EmblemHealth, GHI and HIP Providers

SPRING 2013

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UPDATE DIRECTORY INFORMATION ▶

Managing and Treating LDL Levels

High cholesterol can increase the risk of cardiovascular disease and its complications, such as heart attack. We are urging our members with high cholesterol to work with you on a treatment plan, which may include lifestyle changes and medication.



We encourage you to conduct a risk assessment before initiating measures to prevent or control cardiovascular disease. The optimal levels for LDL-C are <100 mg/dL. LDL-C screening performed at least annually, coupled with therapies for lowering LDL cholesterol — from low-fat diets to drug therapy — may prevent cardiovascular complications. Patients using cholesterol-lowering drugs are 24 to 42 percent less likely to die of a heart condition. However, less than half of those who qualify for this treatment receive it.¹

Your patients with high cholesterol may also be eligible to participate in our Heart Care PATH programs for [Coronary Artery Disease](#) or [Heart Failure](#), as well as our other [PATH health management programs](#). We offer these confidential programs at no additional cost or obligation to our members. These programs complement the care you provide and strive to help your EmblemHealth patients better understand and manage their condition. If you have any questions or would like to refer members, please call **1-888-881-3112**.

For further reference, you may review our [Clinical Practice Guidelines on Cholesterol Management for Adults at Risk for Cardio/Vascular Disease](#).

¹[The State of Health Care Quality 2009](#). National Committee for Quality Assurance. Last accessed 1/11/2013