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• 指南 • 共识 • 标准 •

新版《中国成人血脂异常防治指南》6大精髓抢先看

2016年10月24日,《中国成人血脂异常防治指南(2016年)》发布,其主要更新要点如下:

1 血脂异常患病率升高 我国成年人血脂异常患病率为40.40%,较2002年大幅度升高。其中,高胆固醇血症患病率为4.9%,高三酰甘油血症患病率为13.1%,高低密度胆固醇血症患病率为33.9%。

2 他汀类药物有效减少心脑血管事件的作用得到首肯 近20年来多项大规模临床试验结果显示,他汀类药物在一、二级预防中均能有效降低心血管事件发生风险,已成为防治心脑血管事件的重要药物。为了调脂达标,临床上应首选他汀类药物(I类推荐,A级证据)。他汀类药物在血脂异常药物治疗中的基石地位得到肯定,且长期服用是安全的(但应定期检测肝脏氨基转移酶、肌磷酸激酶)。

3 动脉粥样硬化性心血管疾病患者属于高危人群 新版指南明确指出,所有动脉粥样硬化性心血管疾病患者属于高危人群,包括急性冠脉综合征、稳定型冠心病、血运重建术、缺血性心肌病、缺血性脑卒中、短暂性脑缺血、外周动脉粥样硬化。

4 调脂设定新的目标 新版指南提出按风险级别设定调脂目标:极高危者低密度脂蛋白胆固醇(LDL-C)应<1.8 mmol/L,高危者LDL-C应<2.6 mmol/L,中危和低危者LDL-C应<3.4 mmol/L。新版指南同时指出,LDL-C基线值较高且不能达标者,LDL-C应至少降低50%;LDL-C基线值在目标值以内的极高危者,LDL-C应至少降低30%。

5 提倡定期检测血脂指标 新版指南建议20~40岁成年人至少每5年检测1次血脂指标,40岁以上男性和绝经期妇女每年检测1次血脂指标,动脉硬化性心血管疾病患者及高危人群每间隔3~6个月检测1次血脂指标。

6 提倡健康饮食和限制脂肪摄入 新版指南建议高三酰甘油血症患者应减少每日摄入脂肪量,每日烹调油用量应<30 g,脂肪摄入应优先选择富含不饱和脂肪酸的深海鱼、鱼油、植物油等,每日饮食应包含膳食纤维25~40 g,建议每周运动5~7 d,以30 min/次的中强度运动为宜。

(摘自中国循环医学杂志和《代谢综合征药物治疗学》)