Recent guidelines for blood pressure (BP) and cholesterol control were introduced within the past 3 years. The impact of such guidelines on BP and cholesterol levels remains equivocal.

A total of 200 clinic encounters were examined; 100 preG, and 100 postG. The average LDL (mg/dL), nonHDL (mg/dL) and BP (mmHg) levels were analyzed using Student’s t-test.

The adoption of recent evidence-based guidelines for the treatment of cholesterol and hypertension has significantly changed end-points and therapeutic targets. While the cholesterol guidelines changed recommendations for high risk patients from a target LDL of < 100 mg/dL, with a consideration of < 70 mg/dL for higher risk groups, to a high-intensity statin therapy, the overall effect appears to significantly reduce the mean LDL and non-HDL, as seen in our cohort. There was no significant negative effect on diabetes control. The hypertension guidelines, however, increased the target BP for certain subgroups, such as diabetics and chronic renal insufficiency patients, from 130/80 mmHg to 140/90 mmHg; while the target BP for elderly patients (≥ 60 years of age) was increased to 150/90 mmHg. This appears to have resulted in a significant increase of the blood pressure, while still within therapeutic range per recent guidelines, compared with previous guidelines. This impact of these observations on overall patient morbidity and mortality, especially with regards to findings of recent hypertension clinical trials questioning the adequacy of current guidelines target BP recommendations, remain to be seen.

LDL levels were 97 ± 32 in PreG and 82 ± 32 in PostG encounters (15 mg/dL difference; P < 0.01).

Non-HDL levels were 128 ± 38 in PreG and 106 ± 34 in PostG encounters (22 mg/dL difference; P < 0.01).

For a subset of diabetic patients (n = 48), A1c levels were 7.1 ± 0.9% in PreG (n = 18) and 7.2 ± 2.1 in PostG (n = 30) encounters (P = NS).

Systolic BP was 125 ± 19 in PreG and 136 ± 17 in PostG encounters (11 mmHg difference; P < 0.01).

Diastolic BP was 74 ± 13 in PreG and 79 ± 11 in PostG encounters (5 mmHg difference; P < 0.01).

REFERENCES