



THE CITY OF NEW YORK

DEPARTMENT OF HEALTH AND MENTAL HYGIENE

Michael R. Bloomberg
Mayor

Thomas R. Frieden, M.D., M.P.H.
Commissioner

nyc.gov/health

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Dear Health Care Professional:

Cardiovascular disease is a leading cause of preventable illness and death in New York City, causing more than 25,000 deaths and more than 130,000 hospitalizations each year. Elevated low-density lipoprotein (LDL) cholesterol is a major – but modifiable – risk factor for cardiovascular disease; however, two-thirds of New Yorkers (approximately 400,000 people) who have atherosclerotic disease or diabetes have not met their LDL goal of <100 mg/dL.

Inadequate lipid control contributes to poor overall cardiovascular health; people with diabetes are at further risk and are 2 to 6 times more likely to die from a cardiovascular event than those without diabetes. It is vital for health care providers to identify patients at increased risk of cardiovascular events and properly manage their lipid levels. To help patients control cholesterol, and to prevent heart attack and stroke, the New York City Department of Health and Mental Hygiene encourages you to:

- 1. Counsel all patients on lifestyle modification, the cornerstone of cardiovascular disease prevention.**
- 2. Treat all patients with coronary or other atherosclerotic disease or diabetes to reach an LDL goal of <100 mg/dL. Consider an LDL goal of <70 mg/dL for very high-risk patients.**
- 3. Prescribe statins for most patients at increased risk to lower LDL and reduce cardiovascular events and mortality by at least 30%.**

We hope you find the clinical tools, resources, and patient education materials in this Cholesterol Action Kit informative and useful. Your Health Department Representative is visiting you to discuss ways of applying these methods in your practice.

Thank you for your dedication and contribution to the health of New Yorkers.

Sincerely,

Thomas R. Frieden, M.D., M.P.H.
Commissioner

New York City Department of Health and Mental Hygiene