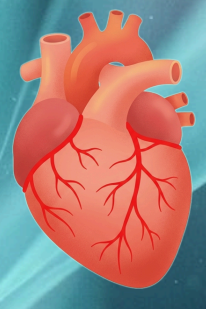
FOR YOUR FRIDGE

LDL goals and *rechecks*

A simplified summary of the 2026 ACC/AHA dyslipidemia guideline. Your clinician sets your own goal.



No heart disease: goal by 10-year risk (PREVENT)

10-YEAR RISK	CATEGORY	LDL GOAL
Under 3%	Low	Healthy habits; no medicine goal
3 to under 5%	Borderline	Below 100 mg/dL; medicine is a shared decision
5 to under 10%	Intermediate	Below 100 mg/dL; treatment after a discussion
10% or more	High	Below 70 mg/dL

Heart disease and special cases

Established heart disease	Below 70 mg/dL; below 55 at very high risk
Diabetes, age 40 or older	LDL-lowering treatment recommended; goal follows 10-year risk
Any coronary calcium	Supports a goal below 100, with lower goals as the score rises
LDL 190+ or FH	Treated separately; ask for a one-to-one plan

Recheck
4 to 12 weeks after starting or changing a medicine, then every 3 to 12 months once steady.

Test once, and when useful
Lp(a): at least once as an adult. ApoB: helpful once LDL and non-HDL goals are met.

2026 ACC/AHA dyslipidemia guideline as summarized by the ACC (March 2026); AHA PREVENT equations; recheck timing from US guideline practice. Precision cardiovascular prevention. Educational only, not medical advice; your clinician sets your plan.