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## Recomendações da ESC/EAS para a abordagem clínica das dislipidemias: Adenda

### Grupo de Trabalho para a abordagem clínica das dislipidemias da European Society of Cardiology (ESC) e da European Atherosclerosis Society (EAS)

Desenvolvido com a contribuição especial da European Association for Cardiovascular Prevention & Rehabilitation<sup>†</sup>

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**Palavras-chave**

Dislipidemia • Colesterol • Triglicéridos • Tratamento • Doenças Cardiovasculares • Recomendações

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## Adenda I. Tabelas SCORE ajustadas ao colesterol das lipoproteínas de alta densidade

		Mulher					Homem															
		Não-fumadora		Fumadora			Não-fumador		Fumador													
Pressão arterial sistólica (mmHg)	Idade																					
	65	180	6	6	7	7	8	12	13	13	15	16	9	10	12	14	16	16	18	20	23	27
		160	4	5	5	6	6	9	10	10	11	12	6	7	8	10	12	11	13	15	17	20
		140	3	4	4	4	5	7	7	8	9	10	5	5	6	7	8	8	9	11	12	15
		120	2	3	3	3	4	5	6	6	7	7	3	4	4	5	6	6	6	8	9	11
		180	3	3	3	4	4	6	6	7	8	8	6	7	8	9	11	10	2	14	16	19
		160	2	2	3	3	3	4	5	5	6	6	4	5	6	7	8	7	8	10	11	14
	140	2	2	2	2	2	3	4	4	4	6	3	3	3	9	9	5	6	7	8	10	
	120	1	1	2	2	2	3	3	3	3	4	2	2	3	3	4	4	4	5	6	7	
	180	2	2	2	2	2	3	3	4	4	5	4	4	5	6	7	7	8	9	11	13	
	160	1	1	1	2	2	2	3	3	3	4	3	3	4	4	5	5	5	6	8	9	
	140	1	1	1	1	2	2	2	2	3	3	2	2	3	3	4	3	4	5	6	7	
	120	1	1	1	1	1	1	2	2	2	2	1	2	2	2	3	2	3	3	4	5	
	180	1	1	1	1	1	2	2	2	3	3	2	3	3	4	5	4	5	6	7	9	
	160	1	1	1	1	1	1	2	2	2	2	2	2	2	3	4	3	4	4	5	6	
	140	1	1	1	1	1	1	1	1	1	2	1	1	2	2	3	2	3	3	4	5	
	120	0	0	1	1	1	1	1	1	1	1	1	1	1	1	2	2	2	2	3	3	
	180	0	0	0	0	0	0	0	0	0	0	1	1	1	1	2	1	2	2	2	3	
	160	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	2	2	
	140	0	0	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	
	120	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	1	1	1	1	
		4	5	6	7	8	4	5	6	7	8	4	5	6	7	8	4	5	6	7	8	
		Colesterol (mmol/L)																				

Tabela SCORE para uso em regiões de Baixo Risco – HDL 0,8 mmol/L

		Mulher					Homem														
		Não-fumadora		Fumadora					Não-fumador		Fumador										
							<i>Idade</i>														
Pressão arterial sistólica (mmHg)	180	5	5	6	6	7	10	11	12	12	13	8	9	11	12	14	14	16	18	21	24
	160	4	4	4	5	5	7	8	9	9	10	6	7	8	9	10	10	12	13	15	8
	140	3	3	3	4	4	6	6	7	7	8	4	5	5	6	7	7	8	10	11	13
	120	2	2	2	3	3	4	5	5	6	6	3	3	4	4	5	5	6	7	8	9
	180	2	3	3	3	3	5	5	6	6	7	5	6	7	8	10	9	11	12	14	17
	160	2	2	2	2	3	4	4	4	5	5	4	4	5	6	7	7	8	9	10	12
	140	1	1	2	2	2	3	3	3	4	4	3	3	4	4	5	5	5	6	7	9
	120	1	1	1	1	2	2	2	3	3	3	2	2	3	3	3	3	4	4	5	6
	180	1	1	2	2	2	3	3	3	3	4	3	4	5	5	6	6	7	8	9	11
	160	1	1	1	1	2	2	2	2	3	3	2	3	3	4	5	4	5	6	7	8
	140	1	1	1	1	1	1	2	2	2	2	2	2	2	3	3	3	3	4	5	6
	120	1	1	1	1	1	1	1	1	2	2	1	1	2	2	2	2	2	3	3	4
	180	1	1	1	1	1	2	2	2	2	2	2	3	3	4	4	4	5	5	6	8
	160	1	1	1	1	1	1	1	2	2	2	2	2	2	3	3	3	3	4	5	6
	140	0	1	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	3	3	4
	120	0	0	0	0	1	1	1	1	1	1	1	1	1	1	2	1	2	2	2	3
	180	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	2	2	2
	160	0	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	2
	140	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1
	120	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	1	1
		4	5	6	7	8	4	5	6	7	8	4	5	6	7	8	4	5	6	7	8
		<b>Colesterol (mmol/L)</b>																			

Tabela SCORE para uso em regiões de Baixo Risco – HDL 1,0 mmol/L

		Mulher					Homem															
		Não-fumadora		Fumadora			Idade		Não-fumador		Fumador											
Pressão arterial sistólica (mmHg)	65	180	3	4	4	4	5	7	7	8	8	9	7	8	9	10	12	12	14	15	17	20
		160	2	3	3	3	3	5	6	6	6	7	5	6	6	7	8	9	10	11	13	14
		140	2	2	2	2	3	4	4	5	5	5	4	4	4	5	6	6	7	8	9	10
		120	1	2	2	2	2	3	3	3	4	4	2	3	3	4	4	4	5	6	6	7
	60	180	2	2	2	2	2	3	4	4	4	5	5	5	6	7	8	9	9	10	12	13
		160	1	1	1	2	2	3	3	3	3	4	3	4	4	5	5	6	6	7	8	10
		140	1	1	1	1	1	2	2	2	2	3	2	3	3	3	4	4	4	5	6	7
		120	1	1	1	1	1	1	2	2	2	2	2	2	2	2	3	3	3	4	4	5
	55	180	1	1	1	1	1	2	2	2	2	3	3	3	4	4	5	5	6	7	8	9
		160	1	1	1	1	1	1	1	2	2	2	2	2	3	3	4	3	4	5	5	6
		140	0	1	1	1	1	1	1	1	1	2	1	2	2	2	3	2	3	3	4	5
		120	0	0	0	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	3	3
	50	180	1	1	1	1	1	1	1	1	1	2	2	2	2	3	3	3	4	4	5	6
		160	0	0	0	1	1	1	1	1	1	1	1	1	2	2	2	2	3	3	4	4
		140	0	0	0	0	0	1	1	1	1	1	1	1	1	1	2	2	2	2	3	3
		120	0	0	0	0	0	0	1	1	1	1	1	1	1	1	1	1	1	2	2	2
	40	180	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	2	2
		160	0	0	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1
		140	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1
		120	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1
			4	5	6	7	8	4	5	6	7	8	4	5	6	7	8	4	5	6	7	8
			Colesterol (mmol/L)																			

Tabela SCORE para uso em regiões de Baixo Risco – HDL 1,4 mmol/L

		Mulher					Homem														
		Não-fumadora			Fumadora		Idade														
							Não-fumador		Fumador												
Pressão arterial sistólica (mmHg)	180	2	2	3	3	3	5	5	6	6	6	6	7	8	9	10	11	12	13	15	17
	160	2	2	2	2	2	4	4	4	4	5	4	5	5	6	7	8	8	9	11	12
	140	1	1	2	2	2	3	3	3	3	4	3	3	4	4	5	5	6	7	7	9
	120	1	1	1	1	1	2	2	2	3	3	2	2	3	3	3	4	4	5	5	6
	180	1	1	1	1	2	2	3	3	3	3	4	4	5	5	6	7	8	9	10	11
	160	1	1	1	1	1	2	2	2	2	2	3	3	3	4	4	5	5	6	7	8
	140	1	1	1	1	1	1	1	2	2	2	2	2	2	3	3	3	4	4	5	6
	120	0	1	1	1	1	1	1	1	1	1	1	1	2	2	2	2	3	3	3	4
	180	1	1	1	1	1	1	1	1	2	2	2	3	3	3	4	4	5	5	6	7
	160	0	0	1	1	1	1	1	1	1	1	2	2	2	2	3	3	3	4	4	5
140	0	0	0	0	1	1	1	1	1	1	1	1	1	2	2	2	2	3	3	4	
120	0	0	0	0	0	1	1	1	1	1	1	1	1	1	1	1	2	2	2	3	
180	0	0	0	0	1	1	1	1	1	1	2	2	2	2	3	3	3	4	4	5	
160	0	0	0	0	0	1	1	1	1	1	1	1	1	2	2	2	2	3	3	3	
140	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	2	2	2	2	2	
120	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	1	2	
180	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	1	2	
160	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	
140	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	1	
120	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	
		4	5	6	7	8	4	5	6	7	8	4	5	6	7	8	4	5	6	7	8
		Coolesterol (mmol/L)																			

Tabela SCORE para uso em regiões de Baixo Risco – HDL 1,8 mmol/L

		Mulher					Homem														
		Não-fumadora		Fumadora					Não-fumador		Fumador										
							Idade														
Pressão arterial sistólica (mmHg)	180	11	12	13	15	16	22	24	26	28	31	16	18	21	24	28	26	30	34	39	45
	160	9	9	10	12	13	17	19	20	22	25	11	13	15	18	21	19	22	25	29	34
	140	7	7	8	9	10	13	14	16	18	19	8	9	11	13	15	14	16	19	22	26
	120	5	6	6	7	8	10	11	12	14	15	6	7	8	9	11	10	12	14	16	19
	180	5	6	6	7	8	11	12	13	14	16	11	13	15	18	21	19	22	25	30	35
	160	4	4	5	6	6	8	9	10	11	12	8	9	11	13	15	14	16	19	22	26
	140	3	3	4	4	5	6	7	8	9	10	6	7	8	9	11	10	12	14	16	19
	120	2	3	3	3	4	5	5	6	7	7	4	5	6	7	8	7	8	10	12	14
	180	3	3	4	4	5	6	7	8	8	9	7	9	10	12	15	13	15	18	21	25
	160	2	3	3	3	4	5	5	6	6	7	5	6	7	9	11	9	11	13	15	19
	140	2	2	2	2	3	4	4	4	5	6	4	4	5	6	8	7	8	9	11	14
	120	1	2	2	2	2	3	3	3	4	4	3	3	4	5	6	5	6	7	8	10
	180	1	2	2	2	2	3	3	3	4	4	5	5	7	8	9	8	10	12	14	17
	160	1	1	1	2	2	2	2	3	3	3	3	4	5	6	7	6	7	8	10	12
	140	1	1	1	1	1	2	2	2	2	3	2	3	3	4	5	4	5	6	7	9
	120	1	1	1	1	1	1	1	2	2	2	2	2	2	3	4	3	4	4	5	6
	180	0	0	1	1	1	1	1	1	1	1	1	2	2	2	3	2	3	3	3	5
	160	0	0	0	0	1	1	1	1	1	1	1	1	1	2	2	2	2	2	3	3
	140	0	0	0	0	0	0	1	1	1	1	1	1	1	1	1	1	1	2	2	2
	120	0	0	0	0	0	0	0	0	1	1	0	1	1	1	1	1	1	1	1	2
		4	5	6	7	8	4	5	6	7	8	4	5	6	7	8	4	5	6	7	8
		Coolesterol (mmol/L)																			

Tabela SCORE para uso em regiões de Alto Risco – HDL 0,8 mmol/L

		Mulher					Homem															
		Não-fumadora		Fumadora			Não-fumador		Fumador													
Pressão arterial sistólica (mmHg)	Idade																					
	65	180	9	10	11	12	14	19	20	22	24	26	14	16	19	22	25	24	27	31	35	41
		160	7	8	9	10	11	14	16	17	19	20	10	12	13	16	18	18	20	23	27	31
		140	5	6	7	7	8	11	12	13	15	16	7	8	10	11	13	13	14	17	20	23
		120	4	5	5	6	7	8	9	10	11	13	5	6	7	8	10	9	10	12	14	17
		180	4	5	5	6	7	9	10	11	12	13	10	12	13	16	19	17	20	23	27	31
		160	3	4	4	5	5	7	7	8	9	10	7	8	10	11	14	12	14	17	20	23
	140	3	3	3	3	4	5	6	6	7	8	5	6	7	8	10	9	10	12	14	17	
	120	2	2	2	3	3	4	4	5	5	6	4	4	5	6	7	6	7	9	10	13	
	180	3	3	3	3	4	5	6	6	7	8	6	8	9	11	13	11	13	16	19	22	
	160	2	2	2	3	3	4	4	5	5	6	5	5	6	8	9	8	10	11	14	16	
	140	1	2	2	2	2	3	3	4	4	5	3	4	5	6	7	6	7	8	10	12	
	120	1	1	1	2	2	2	3	3	3	3	2	3	3	4	5	4	5	6	7	9	
	180	1	1	1	2	2	2	2	3	3	4	4	5	6	7	8	7	9	10	12	15	
	160	1	1	1	1	1	2	2	2	2	3	3	3	4	5	6	5	6	7	9	11	
	140	1	1	1	1	1	2	2	2	2	2	2	2	3	4	4	4	4	5	6	8	
	120	0	1	1	1	1	1	1	2	2	2	1	2	2	3	3	3	3	4	5	6	
	180	0	0	0	0	1	1	1	1	1	1	1	1	2	2	2	2	3	3	4	4	
	160	0	0	0	0	0	0	1	1	1	1	1	1	1	1	2	2	2	2	3	3	
	140	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	1	2	2	2	
	120	0	0	0	0	0	0	0	0	0	1	0	0	1	1	1	1	1	1	1	2	
		4	5	6	7	8	4	5	6	7	8	4	5	6	7	8	4	5	6	7	8	
		Coolesterol (mmol/L)																				

Tabela SCORE para uso em regiões de Alto Risco – HDL 1,0 mmol/L



		Mulher					Homem																
		Não-fumadora		Fumadora			Não-fumador		Fumador														
Pressão arterial sistólica (mmHg)	180	65	7	7	8	8	9	13	14	15	17	18	12	14	15	18	20	21	23	26	29	34	
			160	5	5	6	6	7	10	11	12	13	14	9	10	11	13	15	15	17	19	22	25
			140	4	4	4	5	6	8	8	9	10	11	6	7	8	9	11	11	12	14	16	18
			120	3	3	3	4	4	6	6	7	8	9	4	5	6	7	8	7	9	10	11	13
	60	180	3	3	4	4	4	6	7	7	8	9	8	9	11	13	15	14	16	19	22	25	
		160	2	2	3	3	3	5	5	6	6	7	6	7	8	9	11	10	12	14	16	18	
		140	2	2	2	2	3	4	4	4	5	5	4	5	6	6	8	7	8	10	11	13	
		120	1	1	2	2	2	3	3	3	4	4	3	3	4	5	6	5	6	7	8	10	
	55	180	2	2	2	2	3	4	4	4	5	5	5	6	7	8	10	9	11	12	15	17	
		160	1	1	2	2	2	3	3	3	4	4	4	4	5	6	7	6	8	9	11	13	
		140	1	1	1	1	1	2	2	2	3	3	3	3	4	4	5	5	5	6	8	9	
		120	1	1	1	1	1	2	2	2	2	2	2	2	3	3	4	3	4	5	6	7	
	50	180	1	1	1	1	1	1	2	2	2	2	3	4	5	5	6	6	7	8	10	11	
		160	1	1	1	1	1	1	1	1	2	2	2	3	3	4	5	4	5	6	7	8	
		140	0	0	1	1	1	1	1	1	1	1	2	2	2	3	3	3	3	4	5	6	
		120	0	0	0	0	1	1	1	1	1	1	1	1	2	2	2	2	2	3	4	4	
	40	180	0	0	0	0	0	0	0	1	1	1	1	1	1	2	2	2	2	2	3	3	
		160	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	2	2	2	
		140	0	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	2	
		120	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	
			4	5	6	7	8	4	5	6	7	8	4	5	6	7	8	4	5	6	7	8	
			Coolesterol (mmol/L)																				

Tabela SCORE para uso em regiões de Alto Risco – HDL 1,4 mmol/L

		Mulher					Homem														
		Não-fumadora		Fumadora			Não-fumador		Fumador												
Pressão arterial sistólica (mmHg)	180	5	5	5	6	6	9	10	11	12	13	11	12	13	15	17	18	20	22	25	28
		160	3	4	4	4	5	7	8	8	9	10	7	8	9	11	12	13	14	16	18
	140		3	3	3	3	4	5	6	6	7	7	5	6	7	7	9	9	10	11	13
		120	2	2	2	3	3	4	4	5	5	6	4	4	5	5	6	6	7	8	9
	180		2	2	2	3	3	4	5	5	5	6	7	8	9	10	12	12	14	15	18
		160	2	2	2	2	2	3	4	4	4	5	5	6	6	7	9	9	10	11	13
	140		1	1	1	2	2	2	3	3	3	3	3	4	4	5	6	6	7	8	9
		120	1	1	1	1	1	2	2	2	2	3	2	3	3	4	4	4	5	6	7
	180		1	1	1	2	2	3	3	3	3	3	4	5	6	7	8	8	9	10	12
		160	1	1	1	1	1	2	2	2	2	3	3	3	4	5	6	5	6	7	8
140	1		1	1	1	1	1	2	2	2	2	2	2	3	3	4	4	4	5	6	7
	120	1	1	1	1	1	1	1	1	1	2	1	2	2	2	3	3	3	4	4	5
180		0	1	1	1	1	1	1	1	1	2	3	3	4	4	5	6	6	7	8	9
	160	0	0	0	1	1	1	1	1	1	1	2	2	3	3	4	3	4	5	5	6
140		0	0	0	0	0	1	1	1	1	1	1	2	2	2	3	2	3	3	4	5
	120	0	0	0	0	0	0	0	1	1	1	1	1	1	2	2	2	2	2	3	3
180		0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	2	2	2	3
	160	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	2	2
140		0	0	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1
	120	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	1	1	1	1
		4	5	6	7	8	4	5	6	7	8	4	5	6	7	8	4	5	6	7	8
		Coolesterol (mmol/L)																			

Tabela SCORE para uso em regiões de Alto Risco – HDL 1,8 mmol/L

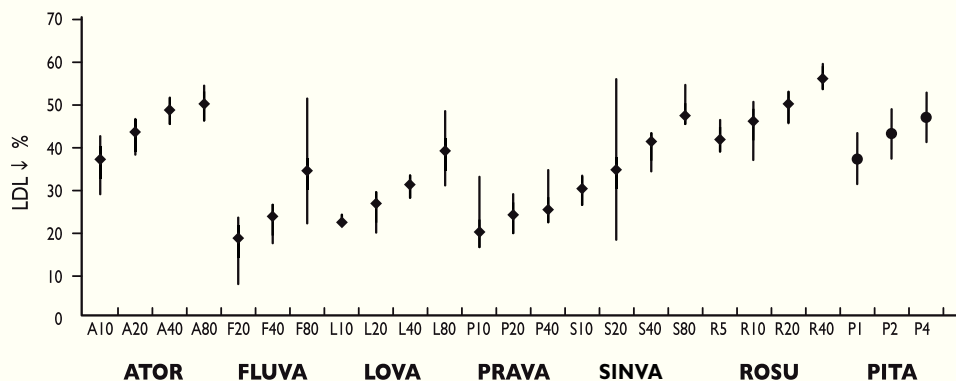
## Adenda II. Abordagem prática para atingir os alvos terapêuticos para as lipoproteínas de baixa densidade

A abordagem proposta requer uma avaliação da distância em relação ao alvo, que pode obter-se facilmente através da utilização da tabela abaixo. Uma vez determinada a distância em relação ao alvo, a resposta média a uma estatina pode ser determinada por interpolação e os medicamentos que podem ajudar a atingir esse alvo podem ser identificados na figura seguinte.

A intolerância a uma estatina, o estado de saúde do doente e possíveis interações com medicamentos concomitantes também devem ser tidos em conta.

**Tabela** Redução percentual do C-LDL necessária para atingir objetivos em função do valor inicial

C-LDL INICIAL		% DE REDUÇÃO PARA ATINGIR O C-LDL		
mmol/L	~mg/dL	<1,8 mmol/L (~70 mg/dL)	<2,5 mmol/L (~100 mg/dL)	<3 mmol/L (~115 mg/dL)
>6,2	>240	>70	>60	>55
5,2-6,2	200-240	65-70	50-60	40-55
4,4-5,2	170-200	60-65	40-50	30-45
3,9-4,4	150-170	55-60	35-40	25-30
3,4-3,9	130-150	45-55	25-35	10-25
2,9-3,4	110-130	35-45	10-25	<10
2,3-2,9	90-110	22-35	<10	—
1,8-2,3	70-90	<22	—	—



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**Figura 1** Revisão sistemática e meta-análise da equivalência terapêutica das estatinas.

## Adenda III. Inibidores e indutores de vias enzimáticas envolvidas no metabolismo das estatinas

Para mais informações, consultar o *website* da FDA (Food and Drug Administration) dos EUA, que contém informações para profissionais de saúde (medicamentos): [www.fda.gov/Drugs/ResourcesForYou/HealthProfessionals/default.htm](http://www.fda.gov/Drugs/ResourcesForYou/HealthProfessionals/default.htm)

<b>Substratos CYP</b>	<b>Inibidores</b>	<b>Indutores</b>
CYP3A4 Atorvastatina, lovastatina, sinvastatina	Cetoconazol, itraconazol, fluconazol, eritromicina, claritromicina, antidepressivos tricíclicos, nefazodona, venlafaxina, fluvoxamina, fluoxetina, sertralina, ciclosporina A, tacrolimus, mibefradil, amiodarona, danazol, diltiazem, verapamil, inibidores de protease, midazolam, corticosteróides, sumo de toranja, tamoxifeno	Fenitoína, fenobarbital, barbitúricos, rifampicina, dexametasona, ciclofosfamida, carbamazepina, omeprazol, hipericão
CYP2C9 Fluvastatina, rosuvastatina, pitavastatina	Cetoconazol, fluconazol, amiodarona, sulfafenazol, oxandrolona, dronedarona, warfarina	Rifampicina, fenobarbital, fenitoína
<b>Substratos da proteína de transporte</b>	<b>Inibidores</b>	<b>Indutores</b>
MDR/P-gp Atorvastatina, lovastatina, pravastatina, sinvastatina, pitavastatina	Ritonavir, ciclosporina, verapamil, eritromicina, cetoconazol, itraconazol, quinidina, elacridar	Rifampicina, hipericão
OATP1B1 Todas as estatinas	Ciclosporina, rifampicina, gemfibrozil, gemfibrozil-O-glucuronido, claritromicina, eritromicina, roxitromicina, telitromicina, indinavir, ritonavir, saquinavir	
<b>Substratos UGT</b>	<b>Inibidores</b>	<b>Indutores</b>
Atorvastatina, lovastatina, pravastatina, simvastatina	Gemfibrozil, ciclosporina	Rifampicina

## Adenda IV. Referências adicionais

Referências adicionais às que estão listadas no documento do texto integral das Recomendações da ESC/EAS sobre a abordagem clínica das dislipidemias.

Estas referências estão listadas por secção.

### 1. Preâmbulo

### 2. Introdução

Sem referências adicionais

### 3. Risco cardiovascular global

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