



Providence Health Care

Healthy Heart Program

St. Paul's Hospital Healthy Heart Program Prevention Clinic Referral Criteria

Guiding Principles: As a provincial specialty lipid clinic, the Healthy Heart Program Prevention Clinic provides advanced lipid management to patients with severe or inherited lipid disorders, and risk factor assessment and management for patients with a personal or family history of premature atherosclerotic cardiovascular disease.

Appropriate Referrals Include (but are not limited to):

1. Suspected or confirmed Familial Hypercholesterolemia (usually characterized by LDL-C >5 mmol/L, non-HDL-C >5.8 mmol/L or apoB >1.45g/L, and a family history of hypercholesterolemia. Note that LDL-C >4mmol/L for individuals <18 years and >4.5 mmol/L for individuals 18 - 40 years would also be suggestive of FH)
2. Extremely elevated Lipoprotein(a) of >250 nmol/L (>1000 mg/L), especially in the context of a personal or family history of premature ASCVD.
3. Severe hypertriglyceridemia (triglycerides >8 nmol/L), or history of triglyceride-induced pancreatitis
4. Personal or family history of premature atherosclerotic cardiovascular disease (<55 years in males <65 years in females)
5. History of recurrent cardiovascular events
6. Difficult to control lipids despite maximally tolerated statin AND ezetimibe [NOTE: if patient's lipids are not controlled despite maximally tolerated statin, try adding ezetimibe before referring]
7. Statin intolerance [NOTE: please try at least 2 statins before referral. Ensure statins trialed, doses, and response are documented in referral]
8. Questions regarding statin eligibility [NOTE: most questions regarding statin eligibility can be addressed by referring to the 2021 CCS Dyslipidemia Guidelines: <https://ccs.ca/guideline/2021-lipids/> Please review these guidelines before referring patient

Referrals that are missing recent lipid panels, or for which the reason for referral is not clearly indicated will not be reviewed.

Additional Resources for Referring Providers:

- For immediate answers questions related to lipids and prevention of cardiovascular disease, for questions regarding appropriateness of referrals, or for other lipid questions that do not meet these referral criteria, please contact the RACE line for Cardiovascular Risk and Lipid Management (<https://www.raceapp.ca/>).
- 2021 Canadian Cardiovascular Society Dyslipidemia Guidelines: <https://ccs.ca/guideline/2021-lipids/>

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- How to diagnose and manage statin intolerance:
<https://www.sciencedirect.com/science/article/pii/S0828282X16000076>
- CardioRisk calculator to calculate framingham risk score, diagnose FH, and calculate baseline LDL:
<https://www.circl.ubc.ca/cardiorisk-calculator.html>

Other lipid clinics supporting patients in BC:

- Surrey Lipid Clinic: <https://www.fraserhealth.ca/Service-Directory/Service-At-Location/C/3/lipid-clinic--jim-pattison-outpatient-care-and-surgery-centre>
- North Shore Lipid Clinic: <https://www.northshorelipidclinic.com/>
- Victoria Vascular Risk Clinic: <https://www.islandhealth.ca/learn-about-health/heart-health/vascular-risk-and-prevention-clinic>
- Victoria Lipid Clinic:
<https://find.healthlinkbc.ca/ResourceView2.aspx?org=53965&agencynum=17657832>

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