

Baystate Reference Laboratories

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EFFECTIVE MONDAY APRIL 5, 2010

Baystate Reference Laboratories will begin offering a Non – Fasting Cholesterol & HDL Panel

Clinical Requisitions will be updated in the near future. If interested in ordering, please write in the panel in the miscellaneous tests section available on the bottom corner of requisition.

See the memorandum from Dr. James Nichols on the next page for more information and reference ranges.

Please contact Client Services at 322-4000 or the Chemistry laboratory at 794-4541 with any questions.

Thank you.

March 17, 2010

MEMORANDUM

TO: All physicians ordering Lipid Panels

FROM: James H. Nichols, Ph.D., DABCC, FACB
Medical Director, Clinical Chemistry

RE: Availability of Non-Fasting Cholesterol and HDL

On Monday April 5, 2010, Baystate Reference Laboratories (BRL) will begin offering a non-fasting lipid panel (cholesterol, HDL cholesterol and calculated non-HDL cholesterol) in response to a recent study in the Journal of the American Medical Association (JAMA). (The Emerging Risk Factors Collaboration. Major Lipids, Apolipoproteins, and Risk of Vascular Disease. JAMA 2009;302(18):1193-2000.) This study concluded that “lipid assessment in vascular disease can be simplified by measurement of total cholesterol and HDL cholesterol or apolipoproteins without the need to fast and without regard to triglyceride.”

James H. Nichols, Ph.D., DABCC, FACB

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Given the challenge of obtaining fasting blood collections, this new non-fasting lipid panel will provide the opportunity to make cardiovascular risk assessments with improved patient convenience.

The two lipid panels that will now be available are:

- 1) Lipid Panel – intended for fasting patients, this is the current panel offered by BRL and includes:

	Reference Range	
	0 – 19 years	>20 years
Triglycerides (measured)	0 – 100 mg/dL	0 – 150 mg/dL
Cholesterol (measured)	0 – 170 mg/dL	0 – 200 mg/dL
HDL cholesterol (measured)	>40 mg/dL (all ages)	
LDL cholesterol (calculated)	0 – 109 mg/dL	0 – 130 mg/dL
Non-HDL cholesterol (calculated) NEW	0 – 139 mg/dL	0 – 160 mg/dL

- 2) Non-Fasting Lipid Panel – intended for random collection without regard to fasting status of patients and includes:

	Reference Range	
	0 – 19 years	>20 years
Cholesterol (measured)	0 – 170 mg/dL	0 – 200 mg/dL
HDL cholesterol (measured)	>40 mg/dL (all ages)	
Non-HDL cholesterol (calculated) NEW	0 – 139 mg/dL	0 – 160 mg/dL

Physicians will still need to justify the clinical need for individual tests contained in either panel. This simply provides more options for patient convenience. Should you have any questions, please contact the laboratory at (413) 794-4541 or Dr. Nichols at (413) 794-1206.