



Clinical Champion Update

Date: 11/18/19

Subject: Hyperlipidemia

Hi all,

First, last, and always we are reminded that lifestyle is the best preventive medicine. So please look again at the recent excellent Hypertension Update on diet recommendations since primary prevention lipid management relies on the same good advice. It is estimated that 75% of CVD risk is lifestyle.

In thinking about our highest risk, secondary prevention patients, we are reminded that lower is better for LDL. The European 2019 guidelines set a LDL target of less than 55 - as well as at least 50% reduction from baseline marking the first time a treatment goal of under 70 has been established. To get there, the use of PCSK9 inhibitors when indicated was elevated to a top tier, class I recommendation for patients on maximally tolerated statin plus ezetimibe.

I have a couple of high risk patients on it from cardiologists or endocrinologists and will probably be seeing more in the future. So if we have secondary prevention patients not at our LDL goal of under 70, consider endocrine or cardiologist referral to help.

That's all I have,

Questions and concerns welcome,

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