

Advancements and Management in Lipid Therapy – AAPA 2023

- Disclosures: I have no relevant relationships with ineligible companies to disclose within the past 24 months.
- Objectives
 - Review current ACC/AHA and ADA guidelines for lipid management
 - Review current and new options for lipid therapy
 - Discuss additional biomarkers in lipid therapy.
 - Discuss how to apply updated guidelines and treatment in clinical practice
- Physical Activity Guidelines
- A Century of Cholesterol and Coronaries – timeline of historical events
- Statin Therapy – options and intensity of treatment
- Options for Nonstatin therapies
 - ezetimibe, PCSK9 mAb, bempedoic acid, inclisiran
- Patient Case #1 – primary prevention
- ACC/AHA Primary Prevention algorithm
- Risk Enhancers
- CAC score
- ADA Standards of Care 2023 Lipid Management – Primary Prevention
- Patient Case #2 – secondary prevention
- ACC/AHA Secondary Prevention algorithm
- ADA Standards of Care 2023 – Secondary Prevention
- Patient Case #3 – Residual Risk
- Why does Residual Risk Occur in Clinical Practice?
 - poor optimization
 - LDL-C goal not achieved despite optimal statin therapy
 - LDL-C goal achieved on optimal statin therapy
- Approach to statin-related adverse events

- Glagov study
- Schematic diagram of the mechanism of action of statin and nonstatin therapies
- IMPROVE-IT trial
- PCSK9 mAb
 - FOURIER
 - ODYSSEY
- bempedoic acid
 - CLEAR Harmony
 - CLEAR Wisdom
 - CLEAR Tranquility
 - CLEAR Outcomes
- inclisiran
 - ORION 9/10/11
 - ORION 3
- evinacumab
- 2022 ACC Expert Consensus Decision Pathway on the Role of Nonstatin Therapies for LDL-Cholesterol Lowering in the Management of Atherosclerotic Cardiovascular Disease Risk
 - three questions
 - patient management groups
 - ASCVD very high risk groups vs high risk groups
- Other lipid fractions to evaluate cardiac disease risk
 - apolipoprotein B
 - HDL/triglyceride ratio
- Treatment of Other Lipoprotein Fractions or Targets 2021 ACC Expert Consensus - Triglycerides
- Treatment of Other Lipoprotein Fractions or Targets ADA Standards 2023 - Triglycerides
- Secondary Causes of Hypertriglyceridemia
- REDUCE-IT trial
- JELIS trial/STRENGTH trial/RESPECT EPA
- Conclusion

