

HeartFacts

SOUTHERN CALIFORNIA
CARDIOVASCULAR CONSULTANTS

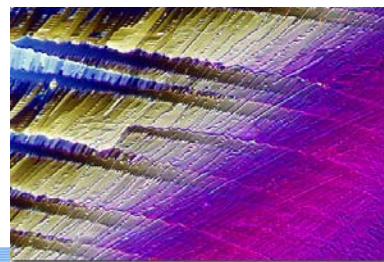


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Lipids Made Simple - 10 Takeaways (Plus 4)

1. Five common patterns
2. If very, very high LDL or TG, probably congenital
3. Use apo B to estimate LDL size
 - > 120 = small particle
 - < 90 = large particle
4. Desirable LDL ~ 70
5. Lowering TG raises HDL
6. Lowering TG increases LDL particle size
7. Lower TG with:
 - Low Carbohydrate diet
 - Weight loss
 - Euglycemia
 - Fibrate

8. All statins lower TG a little
9. Statins are pleiotropic: They lower LDL plus they are anti inflammatory
10. Lipitor proven to freeze progression, trend toward regression
11. If myalgias, try Pravachol
12. Combining statin with Tricor won't elevate statin levels (Gemfibrozil will)
13. Statin + Resin + Niacin + Zetia can lower LDL as much as 80%
14. Every milligram LDL lowered, lowers risk of CV event 1%



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Treatment Matrix

Pattern	1° Rx	Adjunctive Rx
↑LDL	statin	resin, niacin, zetia
↑LDL / ↑TG	statin fibrate	resin, niacin, zetia
↑ TG	fibrate	Euglycemia, weight loss
↓ HDL	niacin	Euthyroidism, exercise Pfizer mystery drug
↑↑ TG LDL ↑ ↑ apo B HDL ↓	fibrate low CHO diet weight loss	Pfizer mystery drug statin



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