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HDL MORE THAN LDL: AN ACHIEVABLE GOAL: A CLINICAL EXPERIENCE

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Clinical trials have consistently demonstrated that the reduction of low-density lipoprotein cholesterol (LDL-C) by various pharmacological agents, in particular the statins, significantly, reduces cardiovascular morbidity and mortality. Modest or aggressive lipid lowering is consistently associated with about a 25-35% reduction in hard cardiac event rates. This study reports results from a single practice where a focused program of aggressive combinatorial drug, nutritional and lifestyle changes target lowering LDL-C and raising HDL-C. Fifty-six patients presented themselves for cardiac consultation during 2005 and 2006. After measurement of lipid profile and consultation, combination drug regimens including low-dose statins, niacin, bile acid sequestrants and fibrates together with life style modification through diet and exercise were prescribed. In a follow up visit the measurements were repeated. Total cholesterol (mg/dl) was lowered from 210.21 to 131.09 and this difference was statistically significant (p=0.000). LDL-C (mg/dl) was lowered from 123.45 to 46.23 while HDL-C (mg/dl) increased from 58.79 to 67.89. Triglycerides (TG) levels (mg/dl) changed from 139.71 to 84.88. To our knowledge this is the first report of a clinical study where a consistent clinical endpoint of HDL-C higher than LDL-C has been achieved while sustaining the result with little or no patient side effects.