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Are we ready for the new dyslipidaemias guidelines?

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Introduction: European Society of Cardiology has recently published new guidelines for the management of dyslipidaemias to reduce cardiovascular risk. An LDL reduction = 50% from baseline and an LDL-C goal of < 55 mg/dL are recommended for very high risk patients in secondary prevention.

Purpose: Our aim is to analyse if this is a feasible target for a 302 patients cohort with atherosclerotic cardiovascular disease from a Cardiac Rehabilitation Unit in a tertiary centre in Spain.

Methods: This is an observational study using a prospective database of patients who participated in a Cardiac Rehabilitation program between August 2004 and December 2018 and who undergo follow up in an outpatients Cardiology clinic.

Results: There were 302 patients with mean age 68,82 (range 29 to 87); 83,4% males. The main diagnosis was angina for 8% patients, ST elevation myocardial infarction for 51,5% patients and non ST elevation myocardial infarction for 40,5%. There were 91 patients (30,1%) with LDL cholesterol serum level <55 mg/dL, 186 patients (61%) with LDL cholesterol above target level and 25 (8,3%) who missed control. Among those who did not reach goals, there were 47 (15,6%) with maximum titrated treatment (high intensity statin at maximum dose + ezetimibe) and who would not accomplish criteria for iPCSK9 prescription. Another 109 (36%) patients had treatment with maximum tolerated statin dose without ezetimibe, with average LDL serum levels 73,1 mg/dL. Last 32 (10,6%) patients had medium statin dose which could be increased to maximum tolerated dose.

Conclusion: In our 302 cohort from a Cardiac Rehabilitation Unit 30,1% of patients accomplish LDL goal of new guidelines; 15,6% patients have not reached goal under maximum available treatment; 36% can only have up-titration treatment adding ezetimibe and 10,6 % are not yet under maximum statin dose treatment.