

Guest Editorial



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Initially thought to be passive energy storage compounds, lipids are now recognized as molecules with critical structural and functional roles. Various diseases are characterized by abnormal lipid metabolism in the tissues due to lipid disorders. Diabetes and cardiovascular disease, for example, are closely linked to these metabolic dysfunctions.

Despite following international guidelines, CVD mortality is on the rise in India. In contrast to declining trends in the United States and Europe, it increased by around 42 percent from 1990 to 2015. Among the possible explanations for this trend is the high prevalence of atherogenic dyslipidemia among Indians, which is characterized by high triglyceride levels, low HDL-C levels, normal or mildly high LDL-C levels, and increased small dense LDL particles.

With an objective of reducing CVD prevalence and mortality in Indian population, Lipid Association of India (LAI) published its first expert consensus statement in JAPI as a special supplement in March 2016, a second in Journal of Clinical Lipidology (Taylor and Francis) in 2017, and a third in JAPI in December 2020.

LAI recommends aggressive lowering of LDL-C to $\leq 30\text{mg/dl}$ and Non-HDL-C to $\leq 60\text{mg/dl}$, as well as APOB to $\leq 50\text{mg}$ in Extreme risk group category B. Triglyceride targets should be less than 150mg/dl , preferably $< 100\text{mg/dl}$.

An initial lipid profile is recommended at age 18, at the time of college admission, or as early as age 2, in individuals with a family history of premature coronary artery disease and familial hypercholesterolemia. A LP(a) assessment should be done as well. This will help us detect familial hypercholesterolemia early.

Always keep an eye out for modifiable risk factors like hypertension, diabetes, metabolic syndrome, smoking, tobacco chewing etc. and control them. A lifestyle intervention including regular physical activity, diet as recommended by LAI is a key to managing dyslipidemia

If we follow LAI recommendation, we will be able to reduce prevalence of CVD among medical fraternity and among Indian population

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