



## *The Medical* **Bulletin**

### Drug Corner

#### **Modern Cardiovascular Risk Reduction – A1C, Blood Pressure, and LDL-C...What Am I Missing?**

*Below are some key learning points to help reinforce the impact of this activity.*

- In addition to traditional targets such as lifestyle changes and adequate management of blood pressure, cholesterol, and blood glucose, lowering triglycerides (TG) and Lp(a) have emerged as modern targets for cardiovascular (CV) risk reduction.
- Treatment with omega-3 fatty acids for TG-lowering have been of interest due to several potential mechanisms of cardio-protection. However, data have not been consistent, which can be attributed to factors including combination of EPA and DHA, low vs high dose, study population, and quality of the product.
- High dose, pure EPA led to significant reduction in CV events in the clinical trials JELIS (19%) and REDUCE-IT (25%), as well as a significant reduction in coronary plaque volume in the imaging studies, EVAPORATE and CHERRY.
- Further treatment with a fibrate or icosapent ethyl should be considered for patients with high CV risk and persistently elevated TGs  $\geq 150$  mg/dL despite lifestyle and high-intensity statin therapy. A team-based approach is instrumental to ensure that CV risk reduction strategies are implemented and optimized.

***Dr. V. Balachandran  
MD, MNAMS, FRCP, FACC***