

AIM-LO: Statins & Ezetimibe

Presented by Dr. Robert Hegele

Introduction

Hi, I'm Rob Hegele, co-author of the 2021 CCS Dyslipidemia Guidelines and ,in this video, I'm going to address the role of statins and ezetimibe in secondary prevention of Atherosclerotic cardiovascular disease.

About Statins

Statins are a mainstay of residual risk management, and they are recommended by the Canadian Cardiovascular Society guidelines for dyslipidemia management in all patients with established cardiovascular disease.

Meta-analysis of statin studies has demonstrated a significant reduction of about 20 to 25% in major adverse cardiac events for every 1 mmol/L reduction in LDL-cholesterol with statin therapy, and a statistically significant 10% reduction in all-cause mortality.

Yet despite their recognized efficacy and safety, less than half of Canadians with atherosclerotic cardiovascular disease achieve guideline-recommended LDL-cholesterol targets with statin therapy alone.

Ezetimibe as Adjunct Therapy

Ezetimibe is a cholesterol absorption inhibitor that has been shown to lower LDL-cholesterol by an additional 20% when added to statin therapy with a statistically significant incremental reduction in cardiovascular outcomes.

Ezetimibe is therefore a guideline-recommended adjunctive strategy for ASCVD patients whose LDL-cholesterol remains at 1.8 mmol/L or higher despite maximally tolerated statin therapy. Importantly, the addition of ezetimibe to statin therapy is not associated with a higher incidence of treatment-related side effects or serious adverse events compared to statin therapy alone.