

# 慶應医学会例会

下記により例会を開催いたしますので、多数ご来聴ください。

記

日時 2018年8月9日(木) 19:00

場所 新教育研究棟4階 講堂

演題 **Best Treatment Strategies with Statins to Maximize the CardioMetabolic Benefits**

Kwang Kon Koh MD, PhD, FACC

Gachon University

Statins are important for preventing adverse cardiovascular events in patients with both a high risk and a low risk of vascular disease, by reducing the levels of low-density lipoprotein cholesterol. However, statins dose-dependently increase adverse effects and increase the risk of type 2 diabetes. Previously, it was hypothesized due to off-target effects, but recent studies demonstrate it was due to on-target effects. Nonetheless, the American guidelines recommend the use of high-intensity statin therapy, and extend its use to most people at risk of vascular diseases, particularly older people. On the contrary, European, Korean, and Japanese committees have expressed concerns about the potential adverse effects of using high-intensity statins in a large fraction of the population for life-long periods. Patients who have achieved low-density lipoprotein cholesterol levels below currently recommended targets may still experience cardiovascular events. This may result from residual risk. Ezetimibe, PCSK9 inhibitors, inclisiran, and ANGPTL3 antisense oligonucleotides are promising alternative non-statin drugs. Of interest, cross-talk between hypercholesterolemia and renin-angiotensin-system exists at multiple levels of insulin resistance and endothelial dysfunction. There are still unanswered questions on how to maximize the cardiometabolic benefits with statins in patients. We will discuss the results of randomized clinical trials, meta-analysis, and recent clinicopharmacogenetic studies, and propose practical guidelines to maximize the cardiometabolic benefits while reducing adverse effects and overcoming residual risk.

担当 循環器内科 教室

責任者：福田 恵一 教授

(内線 61420)

以上

主催 慶應医学会

共催 慶應医師会

The Keio Journal of Medicine