

June 14th, 2023
Malta

Challenges in the Effective Treatment of Dyslipidemia

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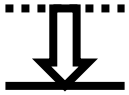



2019 ESC/EAS Guidelines

Very high risk	<p>People with any of the following:</p> <ul style="list-style-type: none">• Documented ASCVD, either clinical or unequivocal on imaging• DM with target organ damage, or at least three major risk factors, or early onset of T1DM of long duration (> 20 years)• Severe CKD (eGFR < 30 mL/min/1.73 m²)• A calculated SCORE ≥ 10% for 10-year risk of fatal CVD• FH with ASCVD or with another major risk factor
High risk	<p>People with:</p> <ul style="list-style-type: none">• Markedly elevated single risk factors, in particular TC > 8 mmol/L (310 mg/dL), LDL-C > 4.9 mmol/L (190 mg/dL), or BP ≥ 180/110 mmHg• Patients with FH without other major risk factors• Patients with DM without target organ damage, with DM duration ≥ 10 years or another additional risk factor• Moderate CKD (eGFR 30-59 mL/min/1.73 m²)• A calculated SCORE ≥ 5% and < 10% for 10-year risk of fatal CVD
Moderate risk	<ul style="list-style-type: none">• Young patients (T1DM < 35 years; T2DM < 50 years) with DM duration < 10 years, without other risk factors• Calculated SCORE ≥ 1% and < 5% for 10-year risk of fatal CVD
Low-risk	<ul style="list-style-type: none">• Calculated SCORE < 1% for 10-year risk of fatal CVD

ASCVD, atherosclerotic cardiovascular disease; BP, blood pressure; CKD, chronic kidney disease; CVD, cardiovascular disease; DM, diabetes mellitus; eGFR, estimated glomerular filtration rate; FH, familial hypercholesterolaemia; LDL-C, low-density lipoprotein cholesterol; SCORE, Systematic Coronary Risk Estimation; T1DM, type 1 diabetes mellitus; T2DM, type 2 diabetes mellitus; TC, total cholesterol. Adapted from Mach F, et al. *Eur Heart J* 2020;41(1):111-88.

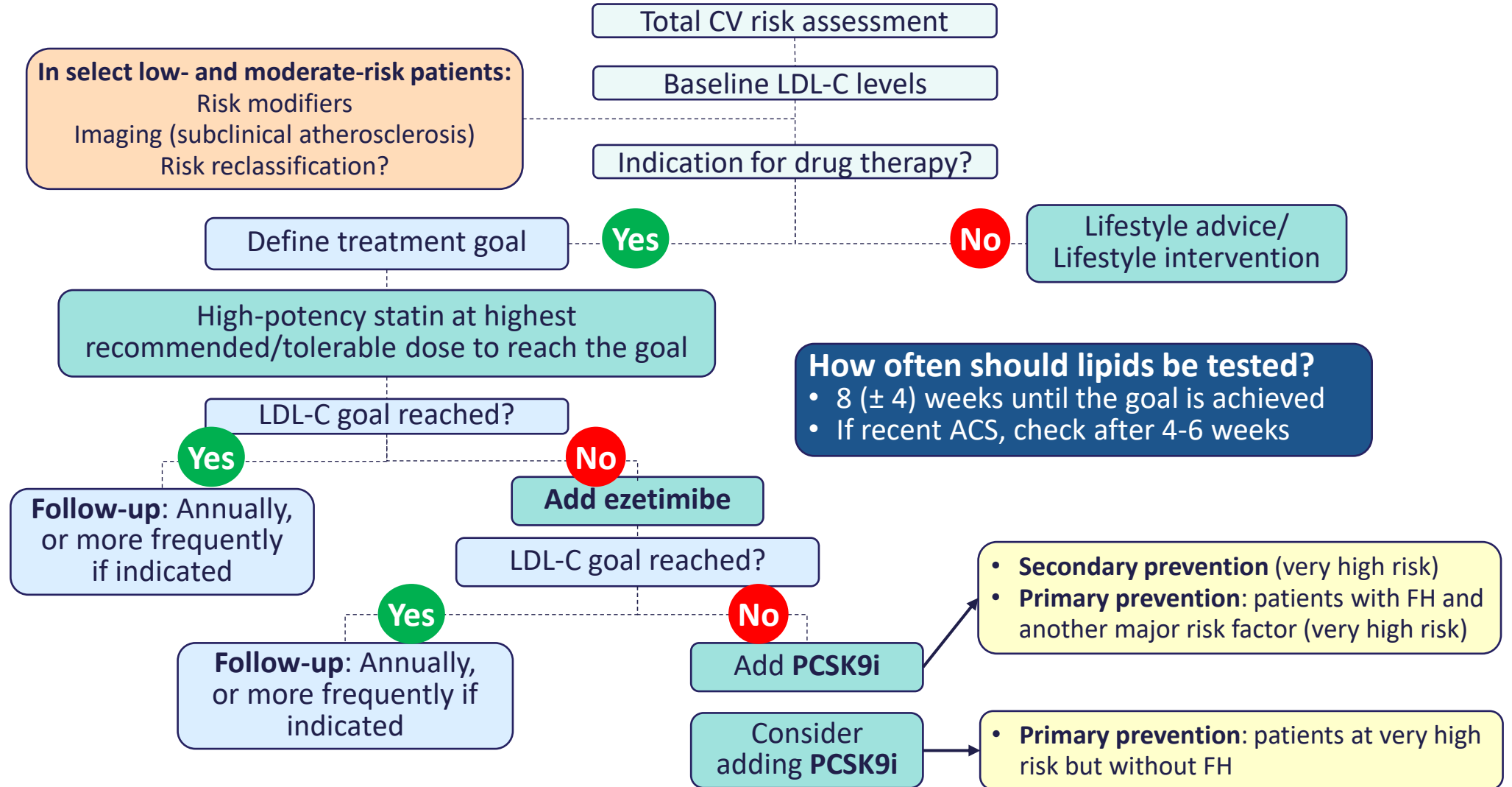
Risk Stratification Dictates LDL-C Lowering Goals

		LDL-C reduction from baseline 	LDL-C goal 
Very high	Risk	≥ 50%	< 1.4 mmol/L (55 mg/dL) For patients with ASCVD who experience a second vascular event within 2 years* < 1.0 mmol/L (40 mg/dL)
High		≥ 50%	< 1.8 mmol/L (70 mg/dL)
Moderate		–	< 2.6 mmol/L (100 mg/dL)
Low		–	< 3.0 mmol/L (116 mg/dL)

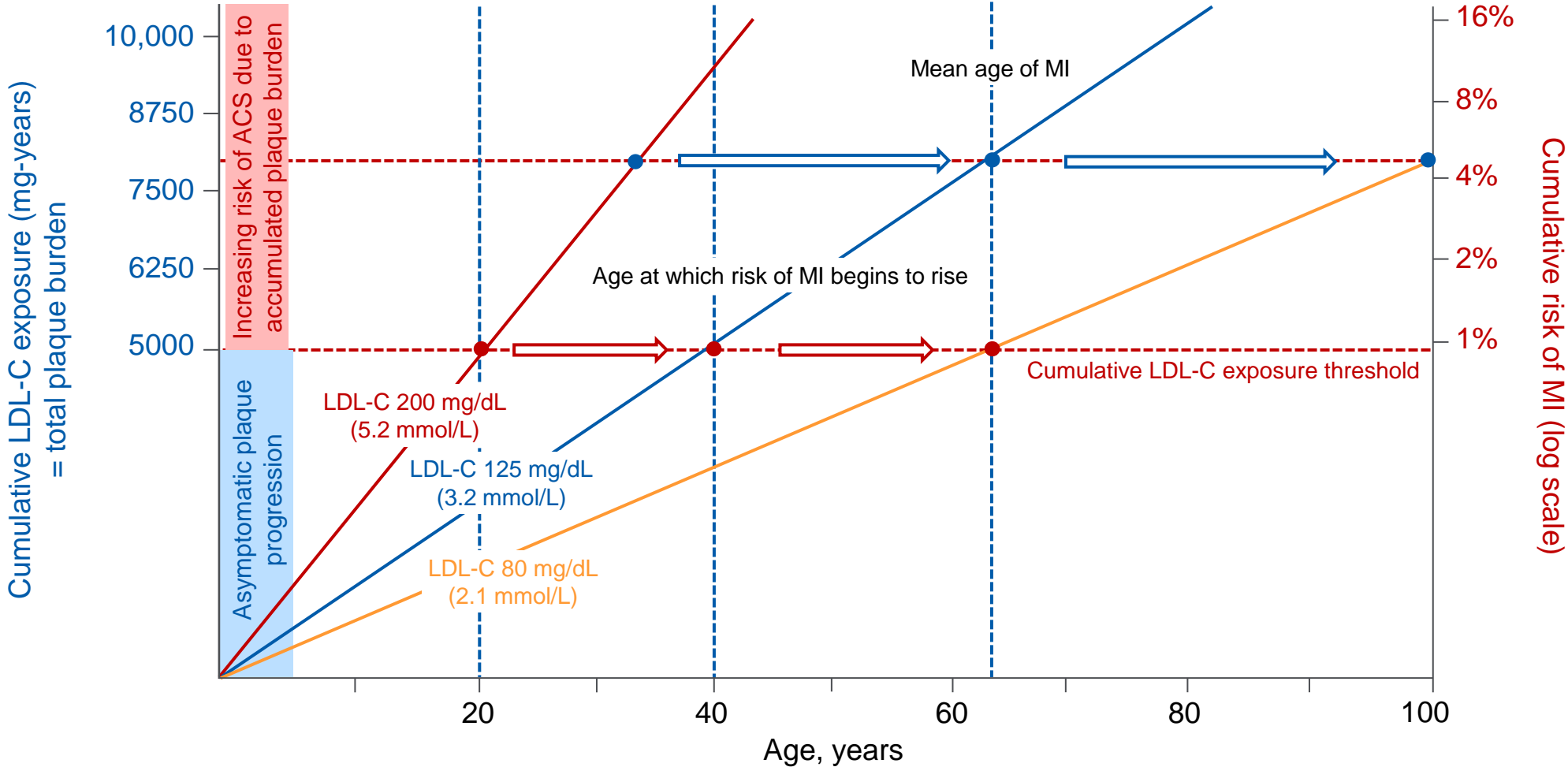
*For patients with ASCVD who experience a second vascular event within 2 years (not necessarily of the same type as the first event) while taking maximally tolerated statin-based therapy, an LDL-C goal of < 1.0 mmol/L (< 40 mg/dL) may be considered.

ASCVD, atherosclerotic cardiovascular disease; LDL-C, low-density lipoprotein cholesterol. Adapted from Mach F, et al. *Eur Heart J* 2020;41(1):111-88.

2019 ESC/EAS Treatment Algorithm for Pharmacological LDL-C-Lowering



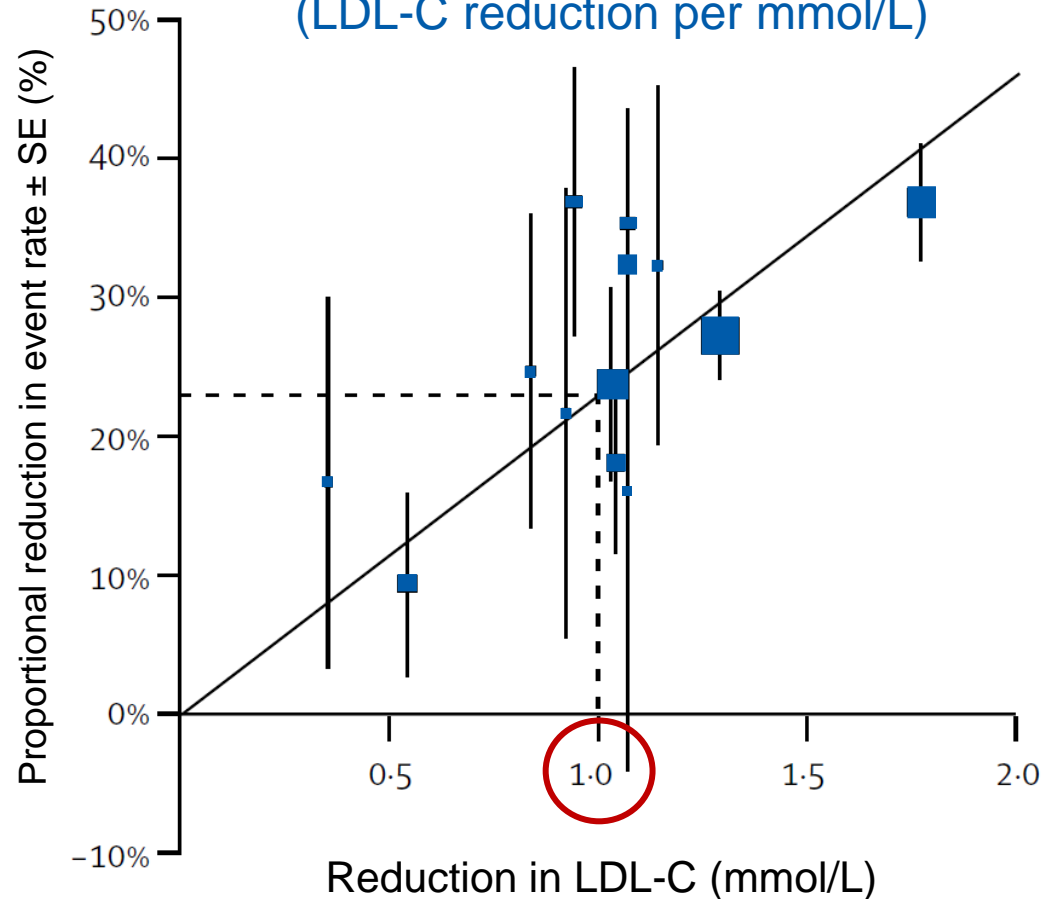
Cumulative Effect of LDL on Risk of Atherosclerotic Cardiovascular Disease



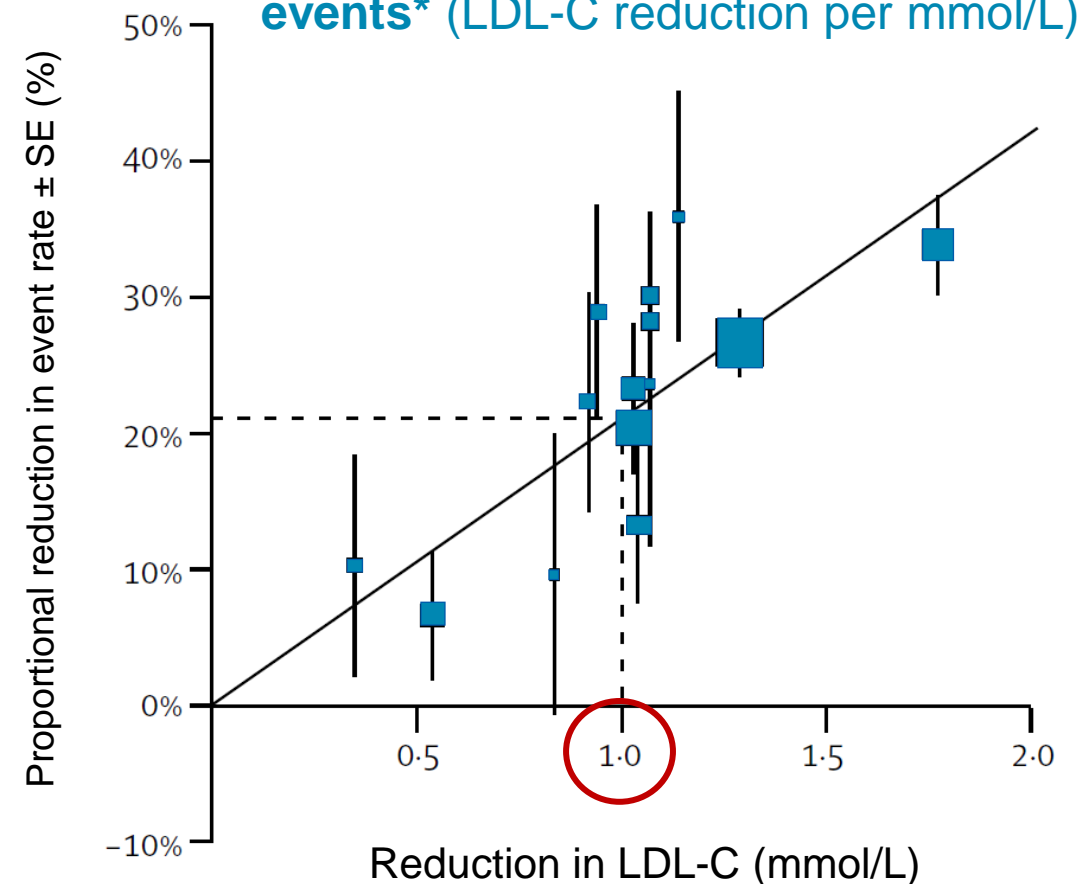
CTT Collaborators: Reduction in LDL-C Is Associated With Reduction in Coronary and Major Vascular Events

14 clinical trials (N = 90,056)

23% reduction in coronary events
(LDL-C reduction per mmol/L)

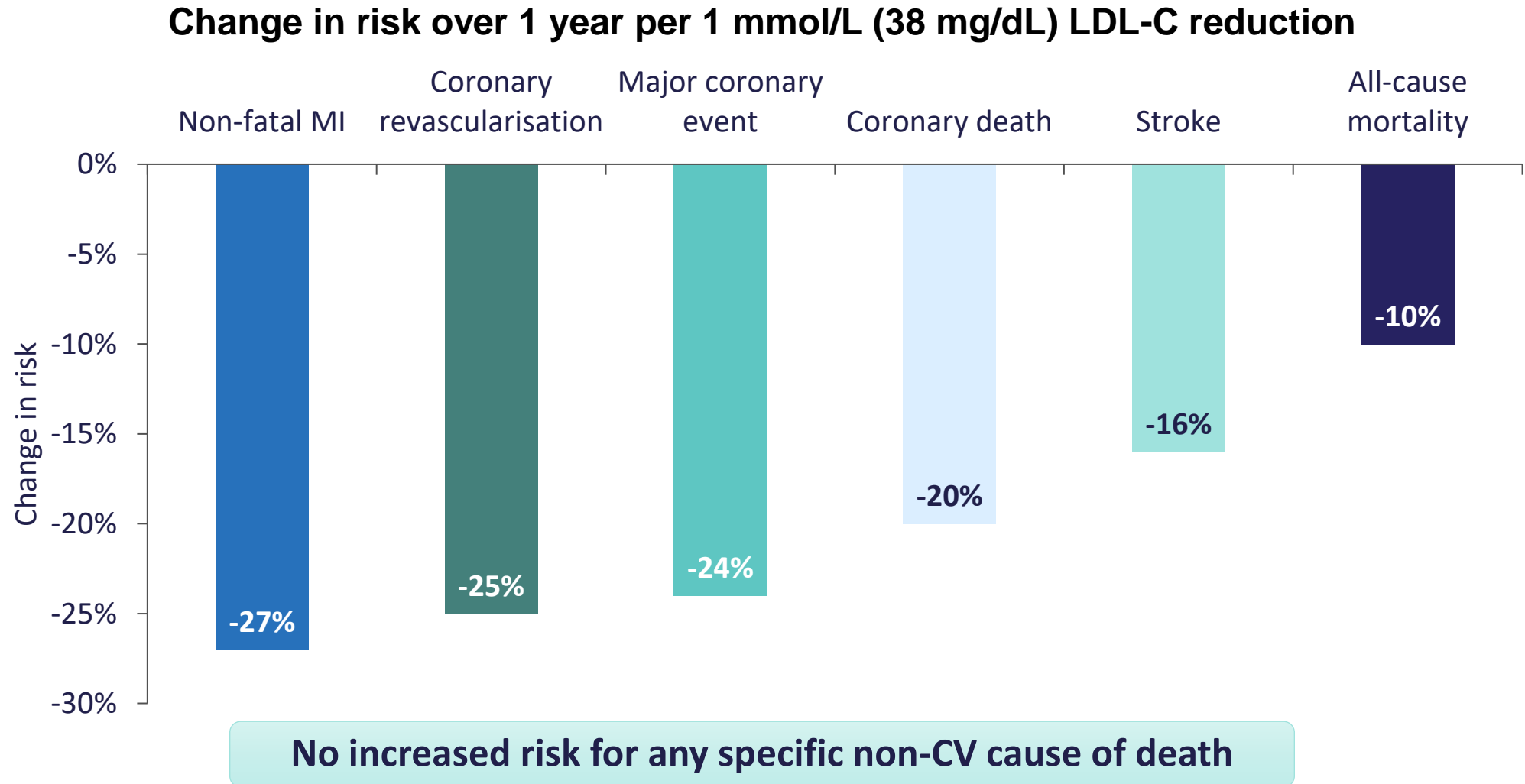


21% reduction in major vascular events*
(LDL-C reduction per mmol/L)



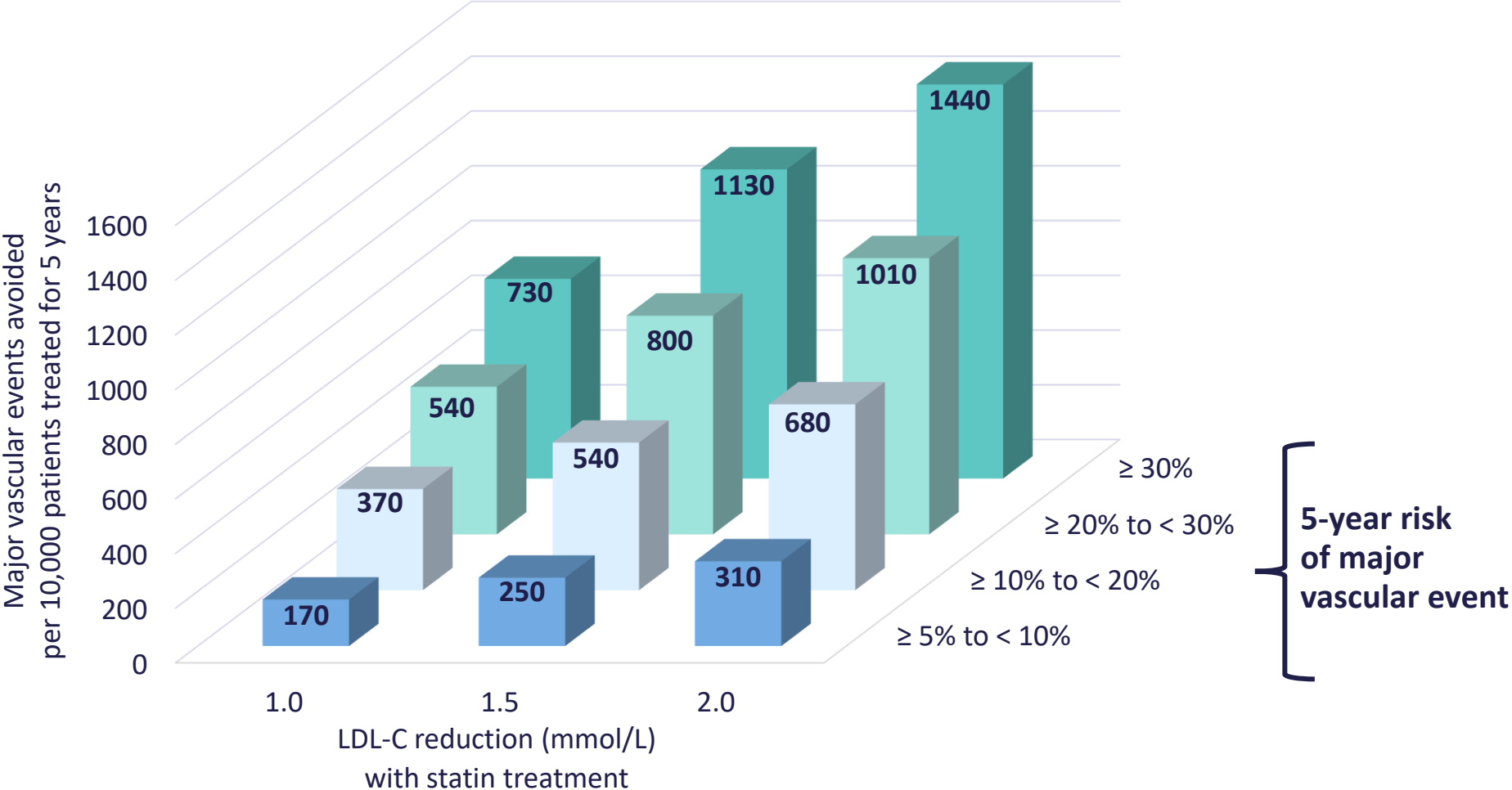
*Defined as non-fatal myocardial infarction or mortality due to coronary heart disease.
CTT, Cholesterol Treatment Trialists; LDL-C, low-density lipoprotein cholesterol; SE, standard error.
Adapted from Baigent D, et al. *Lancet* 2005;366(9493):1267-78.

Benefits of Intensive Statin Therapy Are Well Documented



Lower Is Better: Greater Reduction of LDL-C Improves Risk of Vascular Events

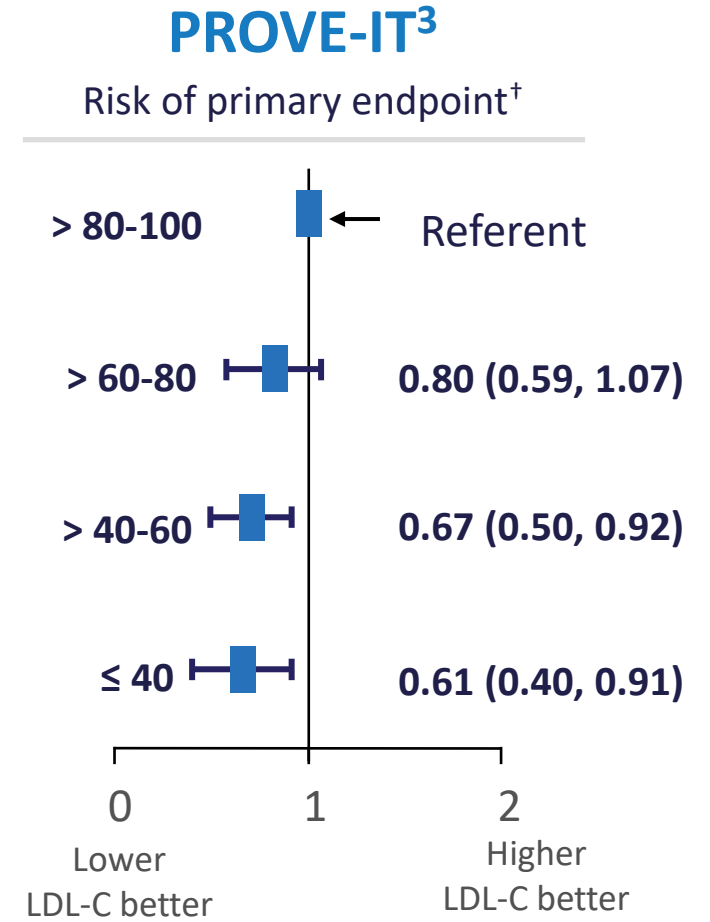
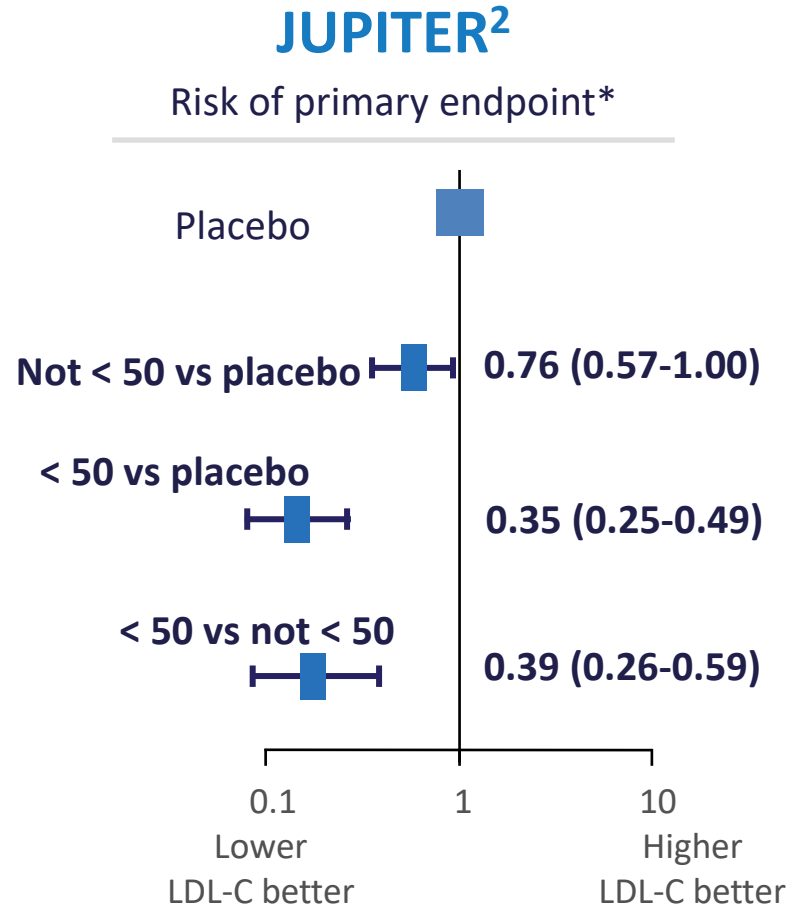
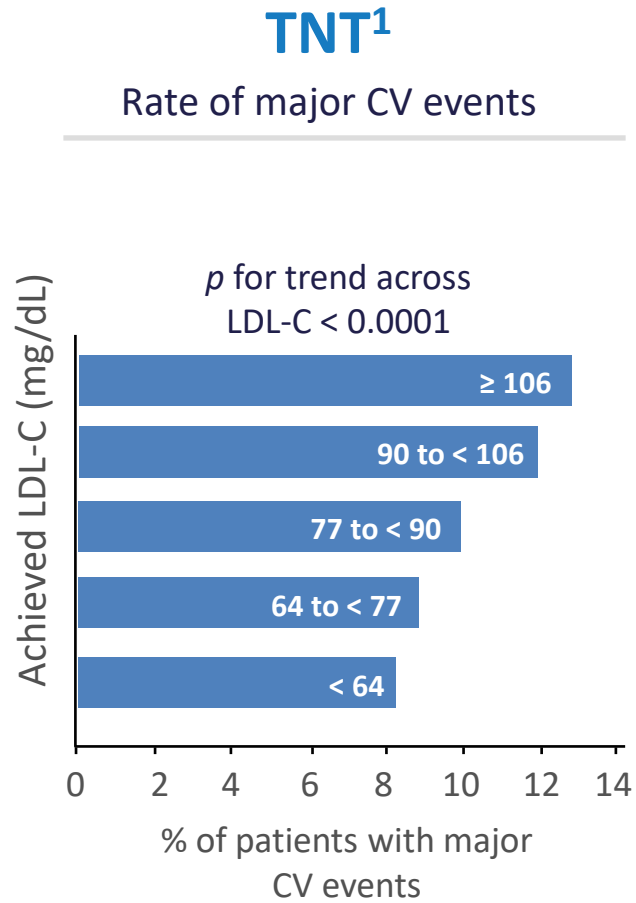
Predicted absolute risk reduction in major vascular events (after first year) by lowering LDL-C with statin therapy for 5 years in people at different levels of absolute risk



5-year risk of major vascular event

LDL-C, low-density lipoprotein cholesterol.
Adapted from Cholesterol Treatment Trialists' (CTT) Collaborators, et al. *Lancet* 2012;380:581-90.

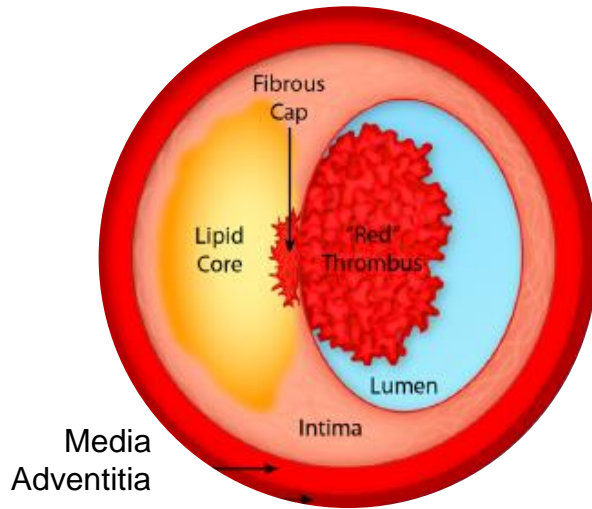
No Evidence for a Lower LDL-C Limit in Reducing Major CV Events



CV, cardiovascular; LDL-C, low-density lipoprotein cholesterol.

1. LaRosa JC, et al. *Am J Cardiol* 2007;100:747-52. 2. Hsia J, et al. *J Am Coll Cardiol* 2011;57:1666-75. 3. Wiviott SD, et al. *J Am Coll Cardiol* 2005;46:1411-6.

Very Low LDL-C Levels Are Associated With More Stable Plaque Features



LDL-C < 50 mg/dL (1.3 mmol/L) (87 plaques)	LDL-C 50-70 mg/dL (1.3-1.8 mmol/L) (81 plaques)	LDL-C 70-100 mg/dL (1.8-2.6 mmol/L) (117 plaques)	LDL-C > 100 mg/dL (2.6 mmol/L) (130 plaques)	<i>p</i>
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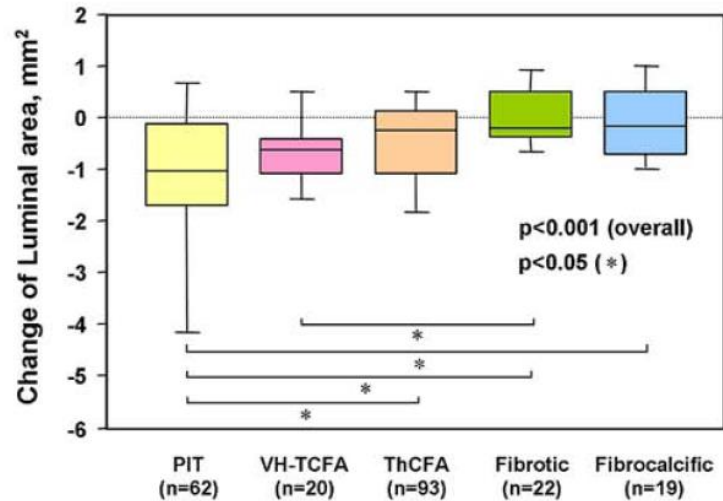
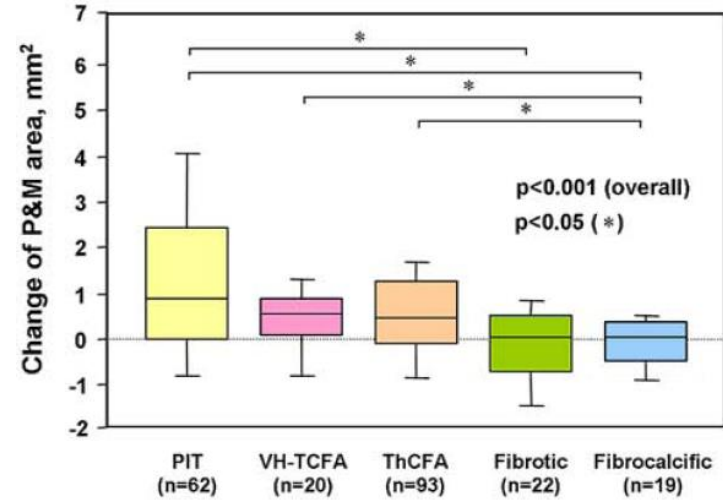
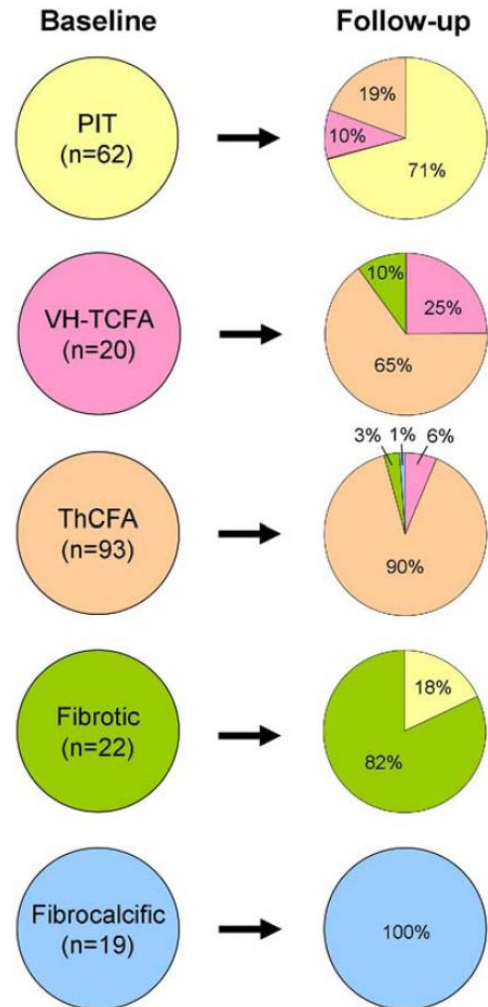
Plaque microstructures in lipid plaques (n = 293)

Fibrous cap thickness (μm)	139.9 ± 93.9	103.1 ± 66.4	92.5 ± 48.5	92.1 ± 47.8	0.001
Plaque rupture, n (%)	1/42 (2.3)	2/46 (4.3)	7/91 (7.6)	12/114 (10.5)	0.17
Thrombus, n (%)	0/42 (0.0)	1/46 (2.1)	2/91 (2.1)	3/114 (2.6)	0.18

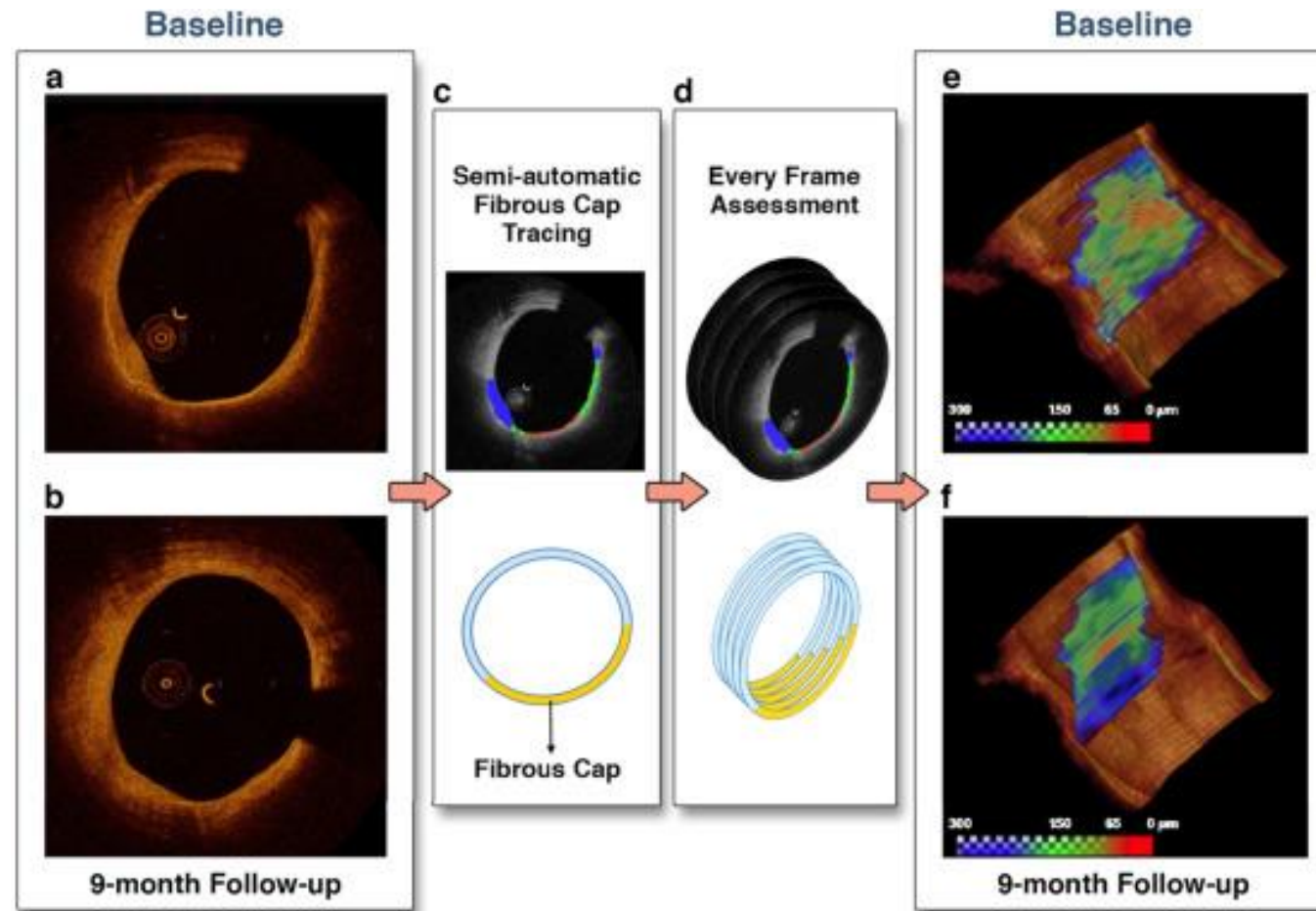
LDL^o-C, low-density lipoprotein cholesterol.

Kataoka Y, et al. *Atherosclerosis* 2015;242:490-5.

The Dynamic Nature of Coronary Artery Lesion Morphology Assessed by Serial VH-IVUS

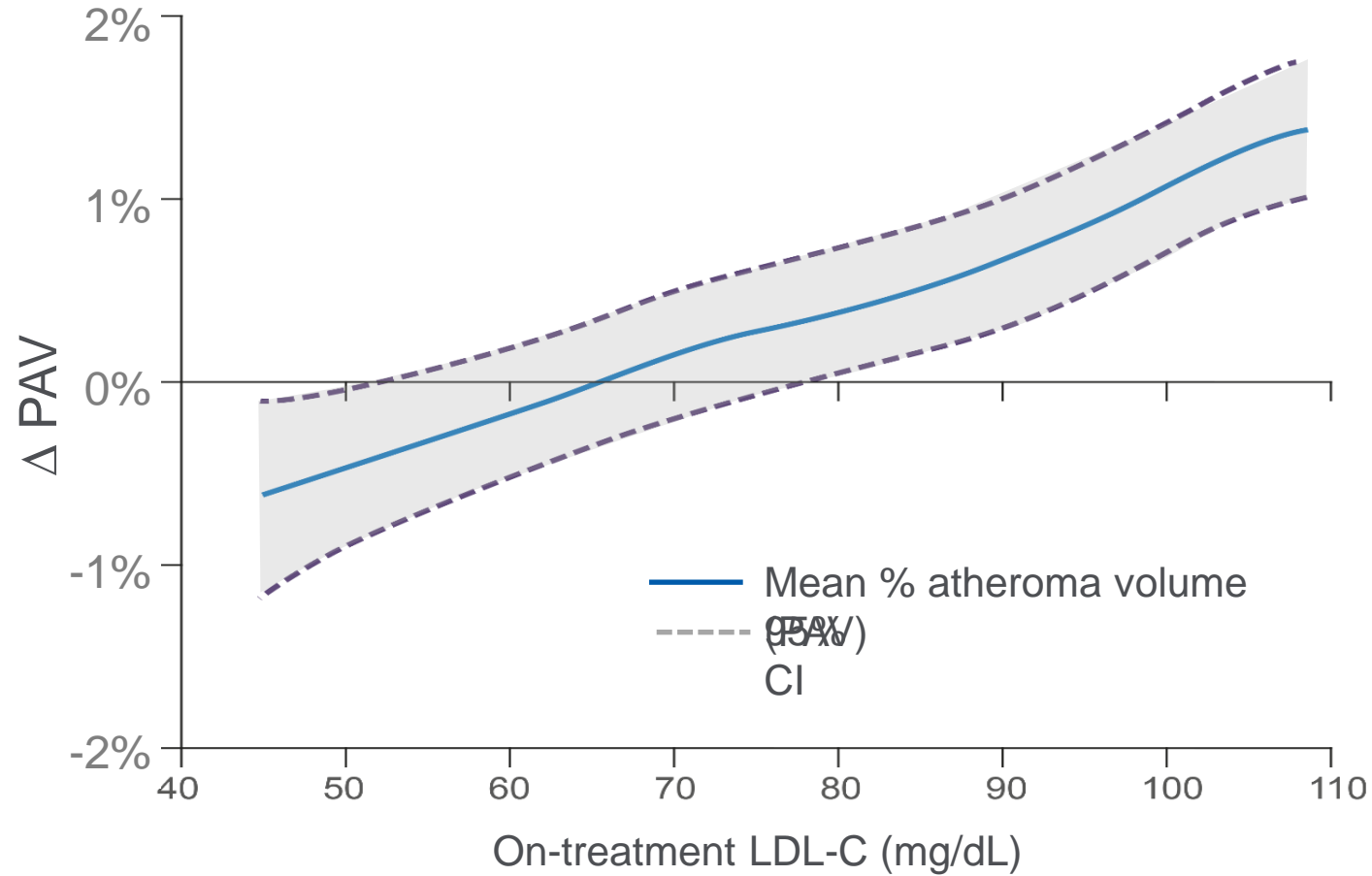


Fate of Nonculprit Plaques after pPCI Followed by Statin Therapy: A Serial OCT Analysis From the OCTAVIA Study



The proportion of TCFA decreased significantly from baseline to follow-up in the high-intensity statin group (26.4% [n = 19] vs. 9.7% [n = 7]; $p = 0.002$) compared with the lower-intensity group (38.9% [n = 14] vs. 25% [n = 9]; $p = 0.180$).

Very Potent LDL-C Lowering Is Associated With Atherosclerosis Regression



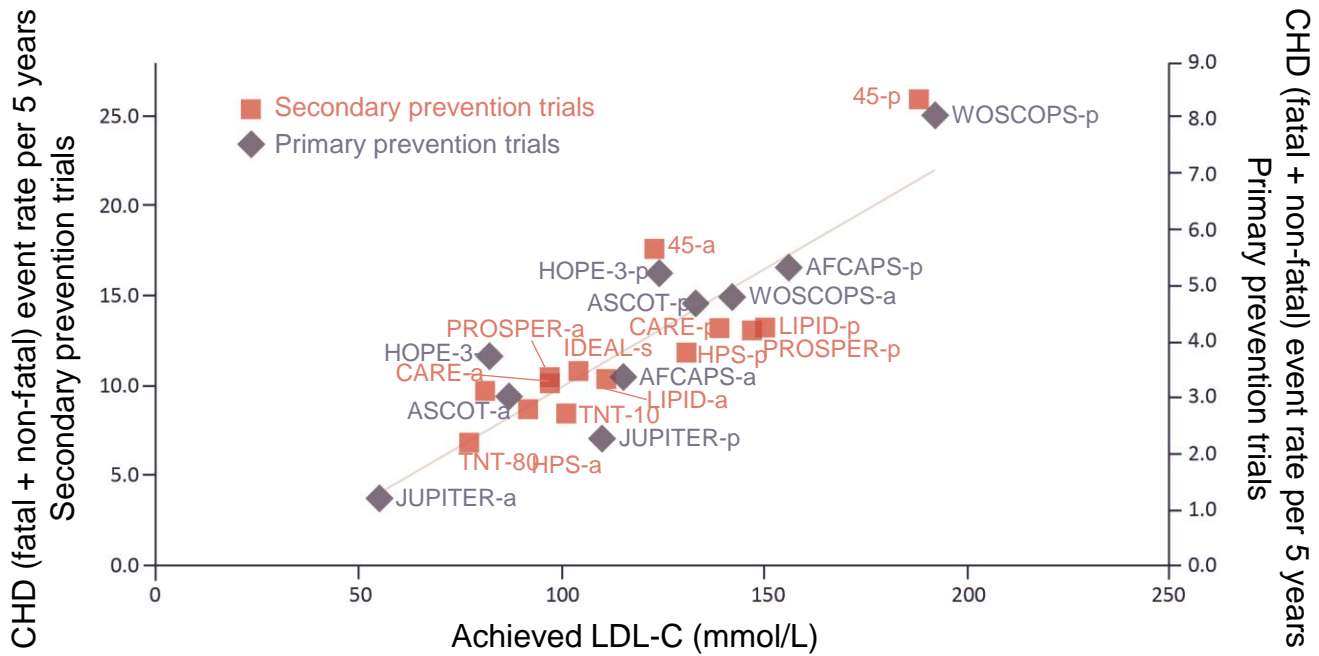
N = 1455 patients with angiographic coronary disease.

LDL-C, low-density lipoprotein cholesterol; PAV, percent atheroma volume.

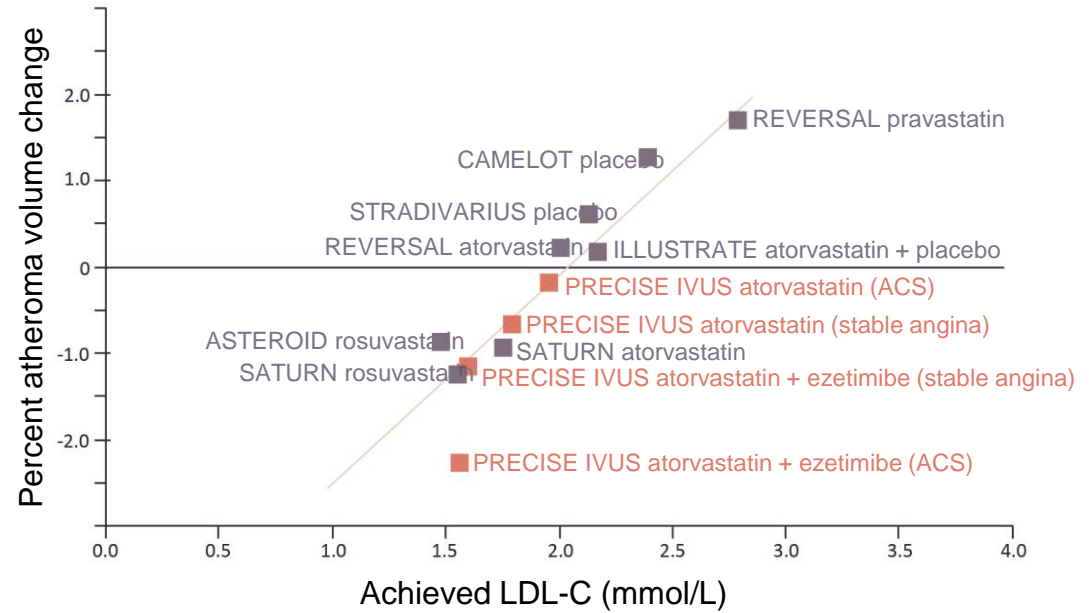
Adapted from Nicholls SJ, et al. *JAMA* 2007;297:499-508.

Correlation Between Decrease in LDL-C, CHD Events, and Percent Atheroma

Absolute cardiovascular event rates



Progression of atherosclerosis (as measured by intravascular ultrasound)

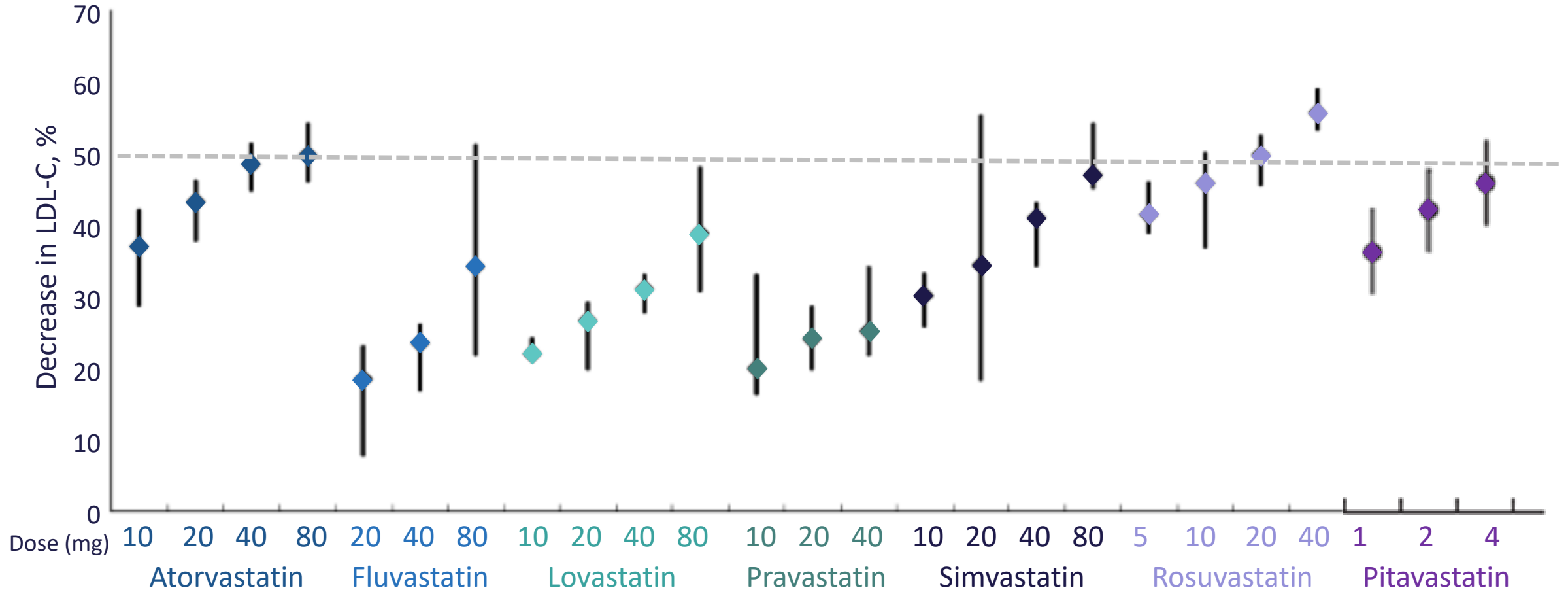


Linear association between achieved LDL-C level and absolute CHD event rate or progression of atherosclerosis

p, placebo; a, active treatment arm, except for IDEAL, where s, simvastatin and a, atorvastatin; and HOPE-3, where r, rosuvastatin; and TNT, where reference is made to atorvastatin 10- and 80-mg doses. CHD, coronary heart disease; LDL-C, low-density lipoprotein cholesterol.

Adapted from Ference BA, et al. *Eur Heart J* 2017;38(32):2459-72.

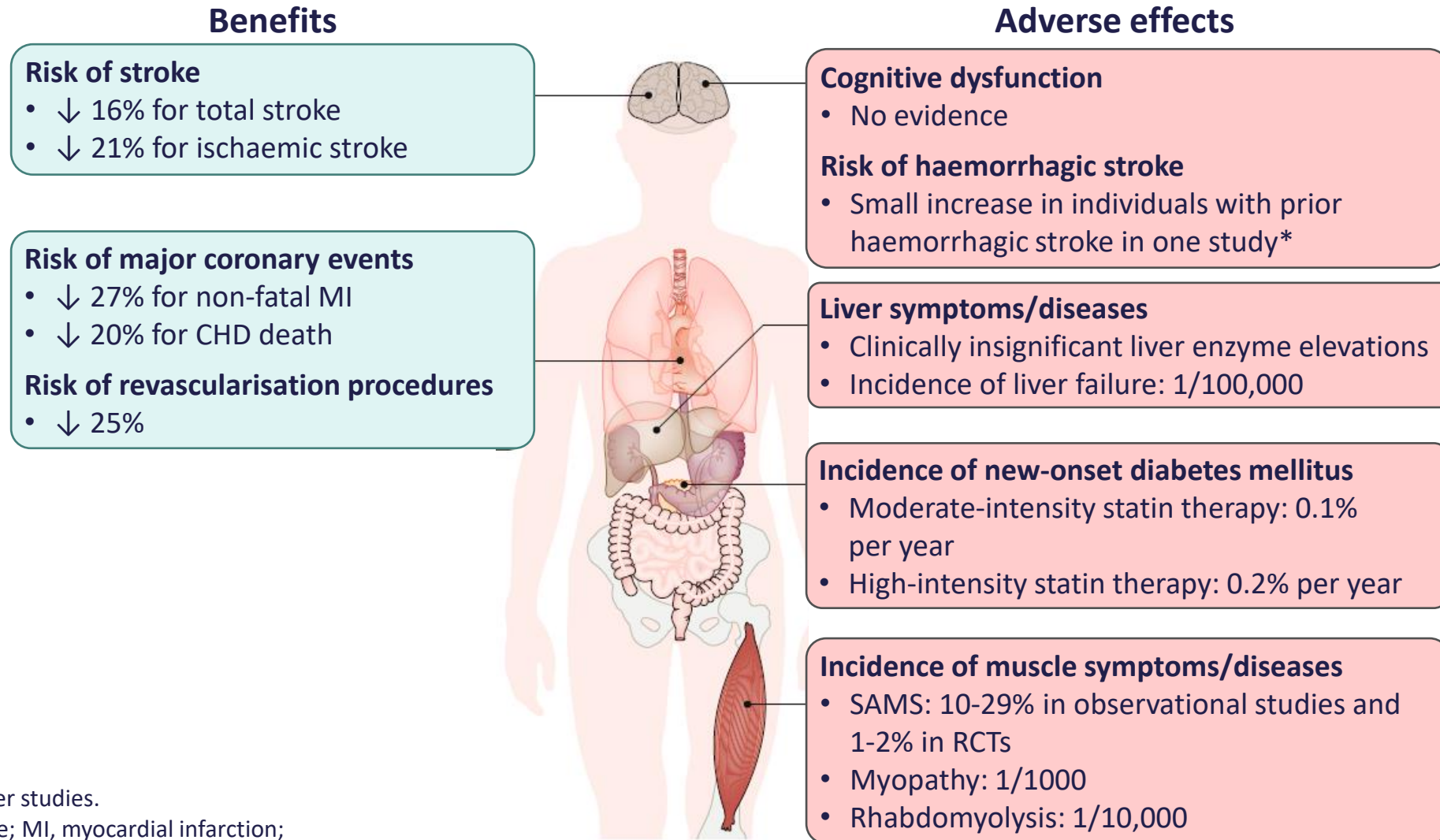
Efficacy of Different Statins on LDL-C Lowering



LDL-C, low-density lipoprotein cholesterol.

Adapted from Weng TC, et al. *J Clin Pharm Ther* 2010;35:139-51. Mukhtar RY, et al. *Int J Clin Pract* 2005;59(2):239-52.

Benefits vs Risks of Statin Therapy



*Not confirmed by any other studies.

CHD, coronary heart disease; MI, myocardial infarction;

RCT, randomised controlled trial; SAMS, statin-associated muscle symptoms.

Adapted from Adhyaru BB, Jacobson TA. *Nat Rev Cardiol* 2018;15(12):757-69.

Landmark Studies: Clinical Implications

PRIMO¹

- Observation study (N = 7924)
- Pravastatin, atorvastatin, simvastatin, fluvastatin XL
- Muscle symptoms in 10.5% of patients

2005

STOMP²

- RCT (N = 420)
- High dose (80 mg) atorvastatin vs placebo
- Myalgia: 9.4% in statin group vs 4.6% in placebo group ($p = 0.05$)

2013

2014

Systematic review³

- 42 trials
- Muscle problems: 12.7% in statin group vs 12.4% in placebo group ($p = 0.06$)

RCT, randomised controlled trial.

1. Bruckert E, et al. *Cardiovasc Drugs Ther* 2005;19:403-414. 2. Parker BA, et al. *Circulation* 2013;127:96-103. 3. Ganga HV, et al. *Am Heart J* 2014; 168(1):6-15.

GAUSS-3 Study Design: Phase A

Phase A

511 patients enrolled at 53 centres with a history of intolerance to multiple statins due to muscle-related adverse effects

10 weeks

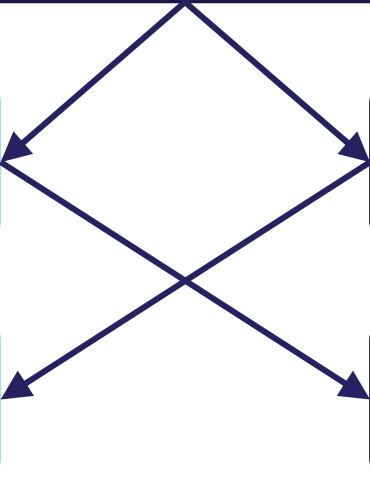
Atorvastatin 20 mg

Placebo

10 weeks

Atorvastatin 20 mg

Placebo



GAUSS-3: Phase A Study Drug Discontinuation Events

Intolerable muscle symptoms	N = 491
On atorvastatin, but not placebo	209 (42.6%)
On placebo, but not atorvastatin	130 (26.5%)
On both placebo and atorvastatin	48 (9.8%)
No symptoms on either treatment	85 (17.3%)
<i>Did not complete Phase A</i>	20/511
Bypassed Phase A due to CK elevation $\geq 10 \times$ ULN	19 (3.9%)

43.8%
are NOT statin
intolerant

There Is a Nocebo Effect of Muscle-Related Symptoms for People Who Know They Are Taking a Statin

ASCOT-LLA design

- Blinded, randomised phase (N = 10,180)
- Non-blinded, non-randomised extension phase (n = 9899)

Blinded randomised phase

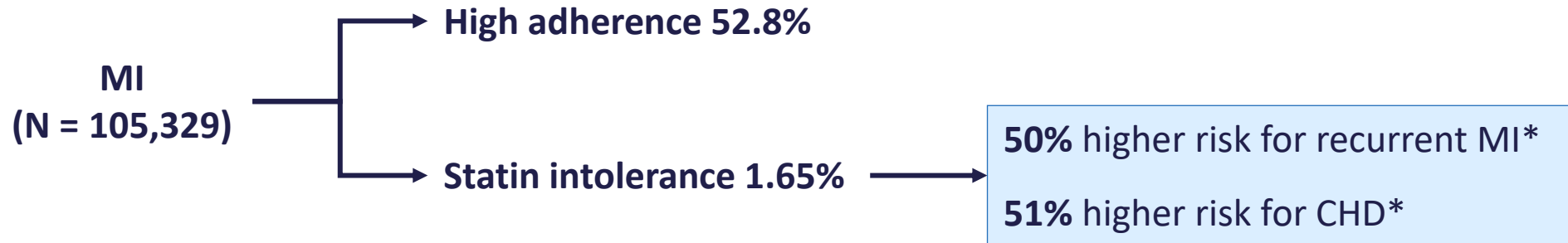
Risk of muscle-related
adverse event in statin group
HR 1.03 (0.88-1.21); $p = 0.72$

Un-blinded non-randomised phase

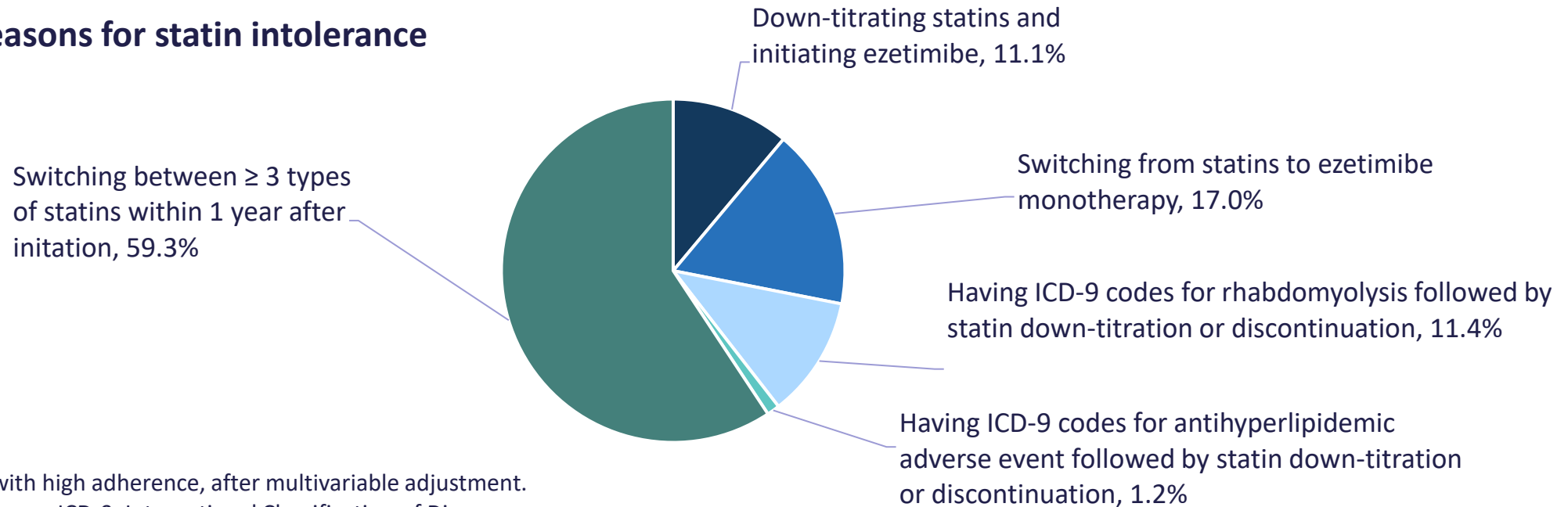
Risk of muscle-related
adverse event in statin group
HR 1.41 (1.10-1.79); $p = 0.006$

**Nocebo effect, an excess rate of muscle-related AE reports,
only when patients/doctors were aware of statin therapy use**

Excess Risk From Statin Intolerance



Reasons for statin intolerance



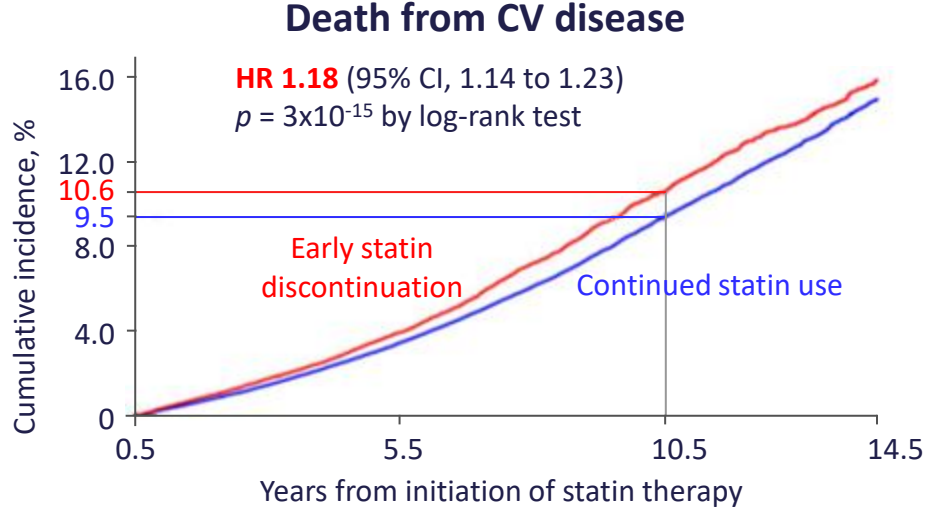
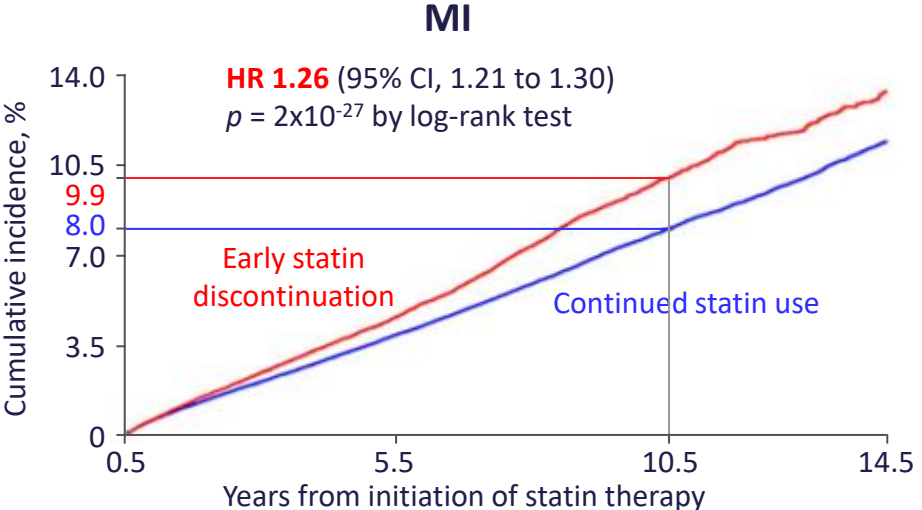
*Excess risk compared with high adherence, after multivariable adjustment. CHD, coronary heart disease; ICD-9, International Classification of Diseases, Ninth Revision; MI, myocardial infarction.

Predictors and Consequences of Early Statin Discontinuation

Predictor
 Negative nationwide statin-related news story
 Neutral nationwide statin-related news story
 Positive nationwide statin-related news story



Odds ratio of early discontinuation
 1.09 (1.06-1.12)
 0.98 (0.96-1.01)
 0.92 (0.90-0.94)

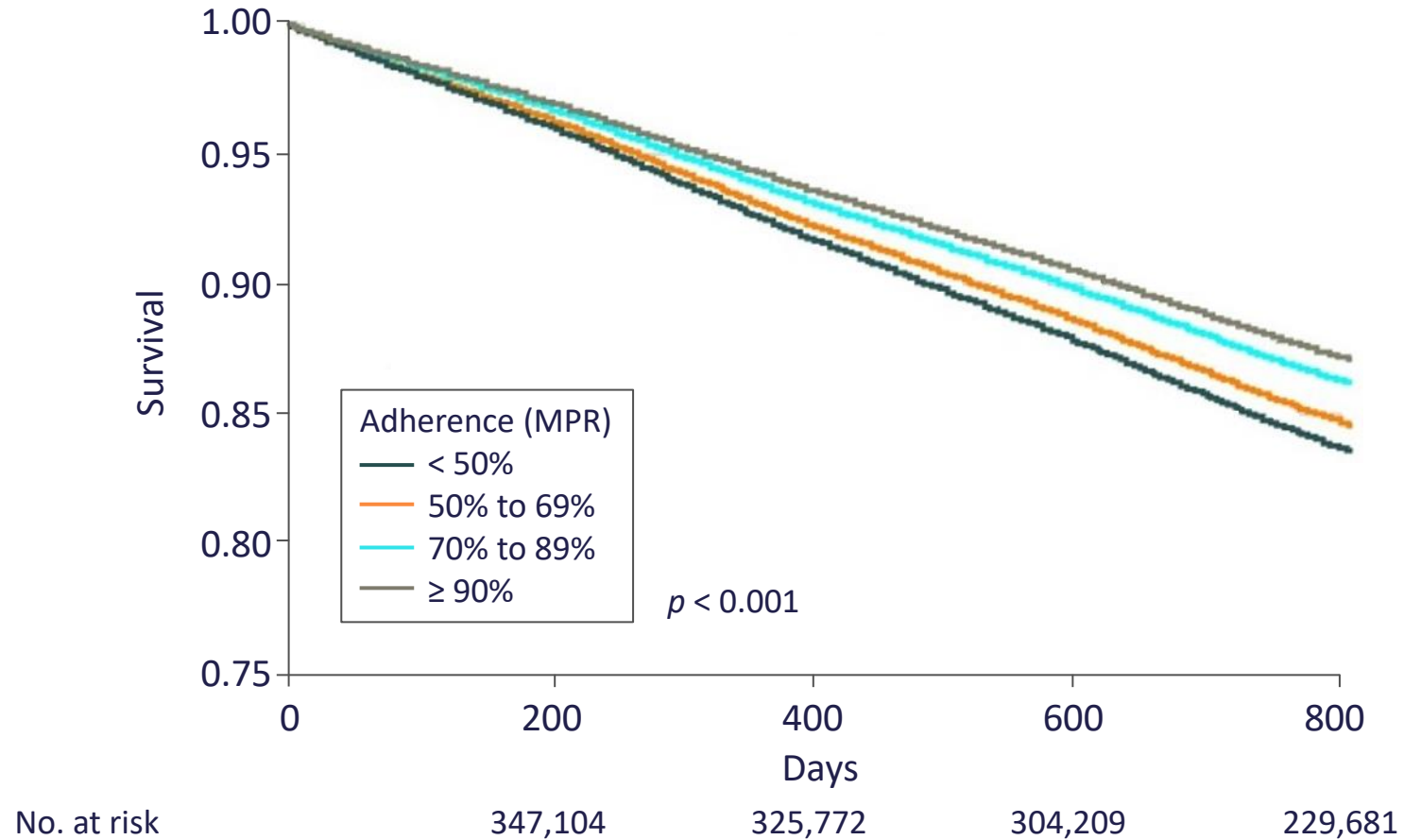


Negative statin-related news stories decrease statin persistence and increase MI and CV mortality

CV, cardiovascular; HR, hazard ratio; MI, myocardial infarction.
 Adapted from Nielsen SF, Nordestgaard BG. *Eur Heart J* 2016;37:908-16.

Higher Statin Adherence Is Associated with Better Survival Rates

Survival curves by statin adherence level as defined by medication possession ratios (MPRs)

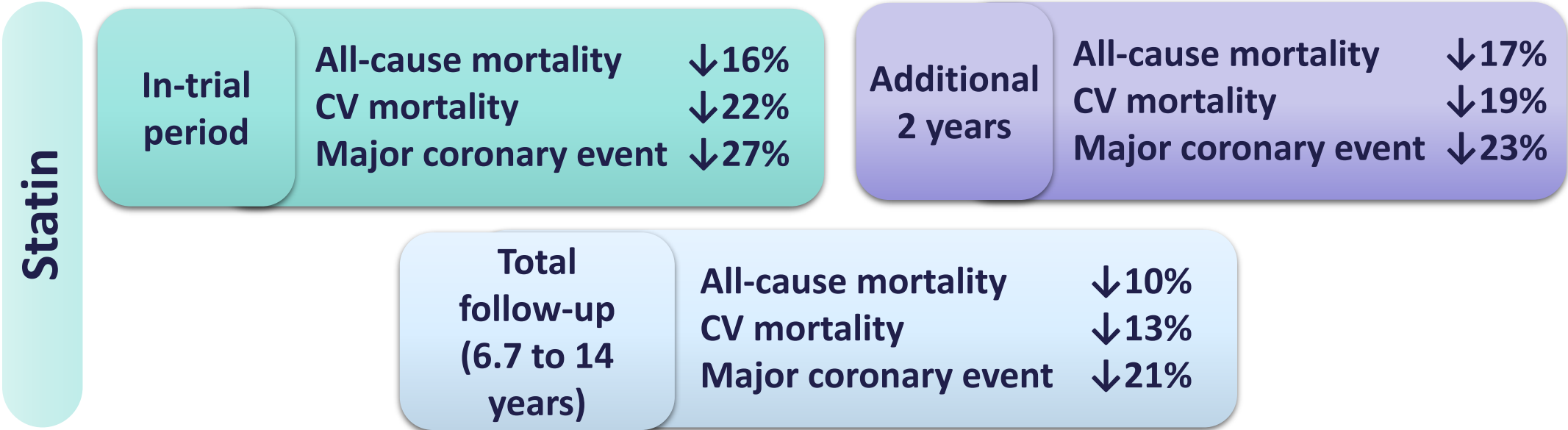
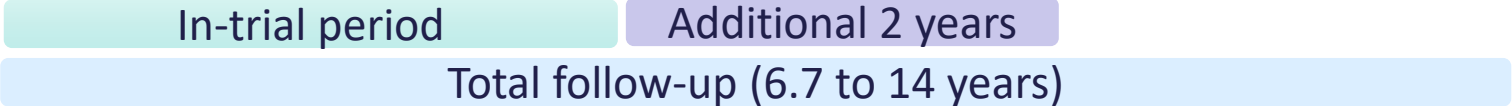



Cohort study of patients with atherosclerotic cardiovascular disease. Plotted values include point estimates and 95% CIs. There is a dose-response association between adherence and survival, with the greatest survival among the most adherent patients. No., number.

Adapted from Rodriguez F, et al. *JAMA Cardiol* 2019;4(3):206-13.

Long-term Benefits of Statin Treatment

6 RCTs with post-trial follow-up beyond 6 years (N = 42,296)



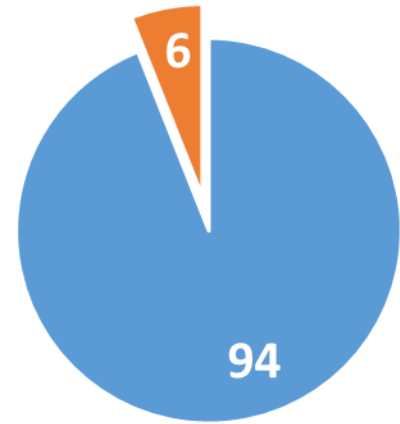
Statin treatment beyond 6 years is effective and safe in patients at high risk of vascular events 

CV, cardiovascular RCT, randomised controlled trial. Adapted from Lv H, et al. *Pharmacol Res* 2014;81:64-73.

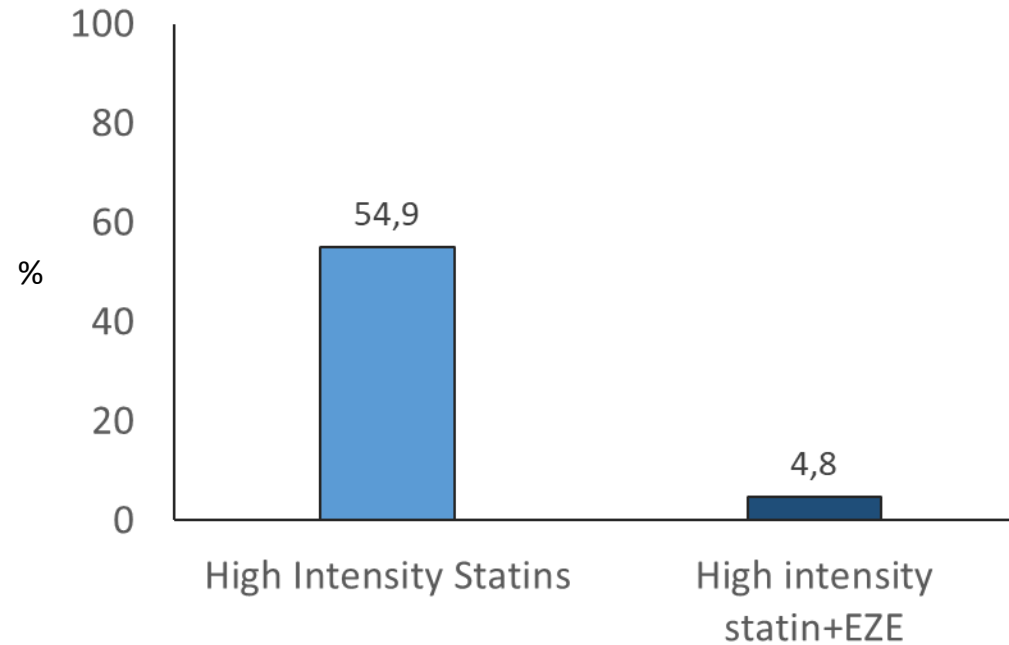


Current lipid lowering treatment and attainment of LDL targets recommended by ESC/EAS guidelines in very high-risk patients

Very High Risk Pts*



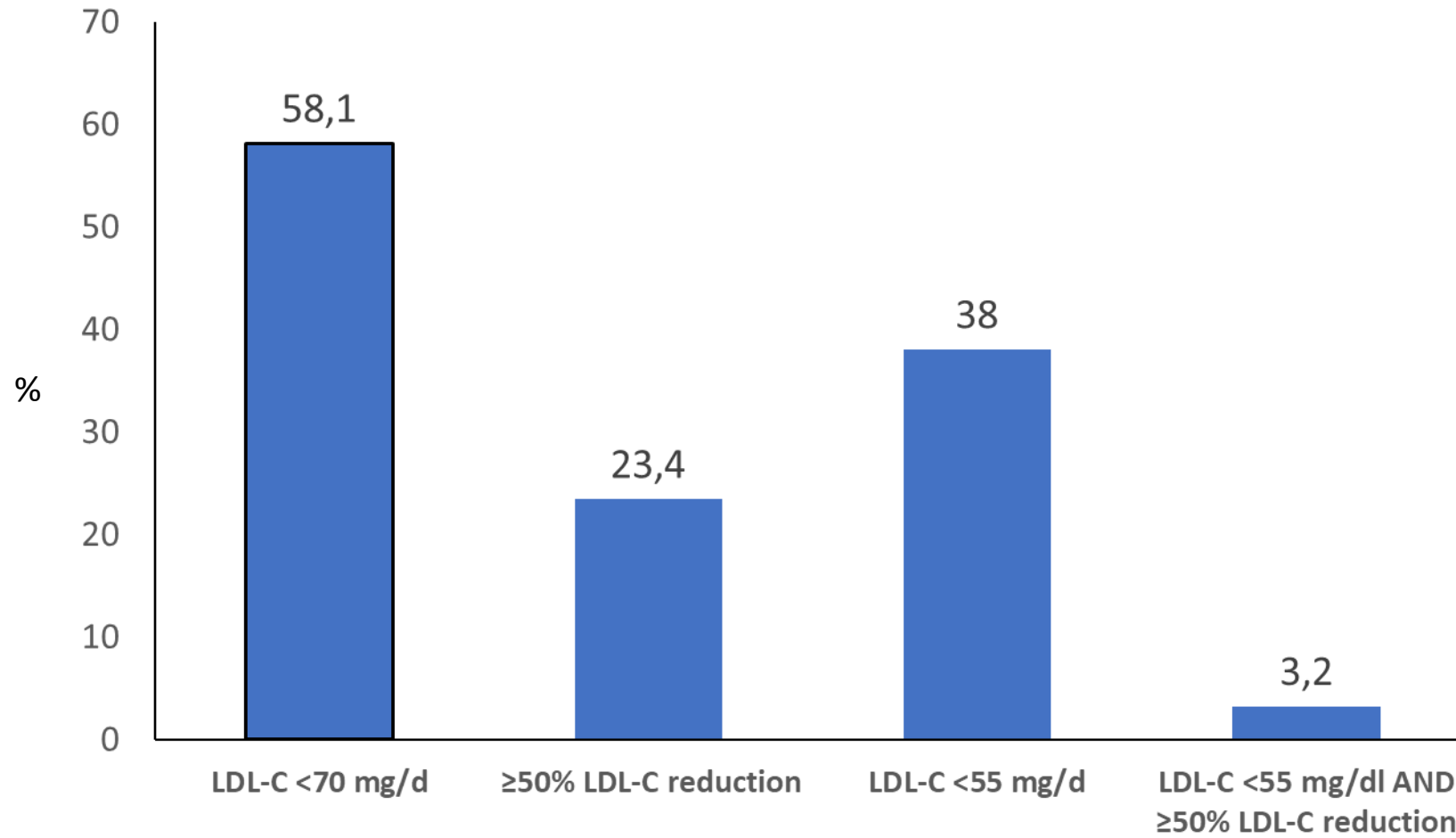
■ VHR ■ non-VHR



*Established CVD, DM2, DM1 with target organ damage, moderate-severe CKD or a SCORE level $\geq 10\%$

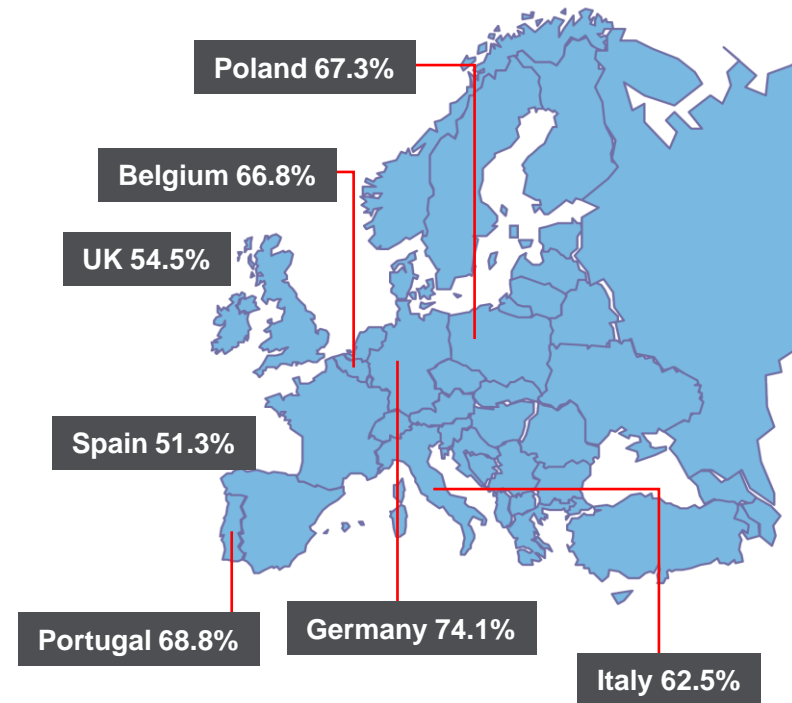


Attainment of LDL targets recommended by ESC/EAS Guidelines in very high-risk patients

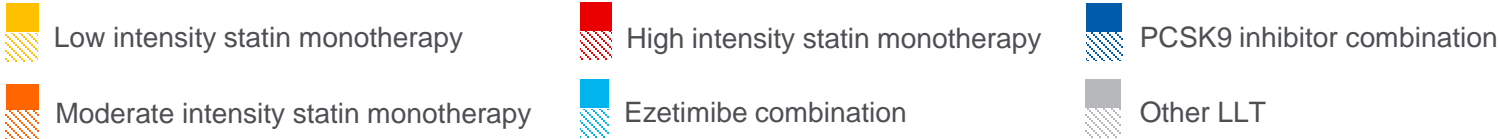
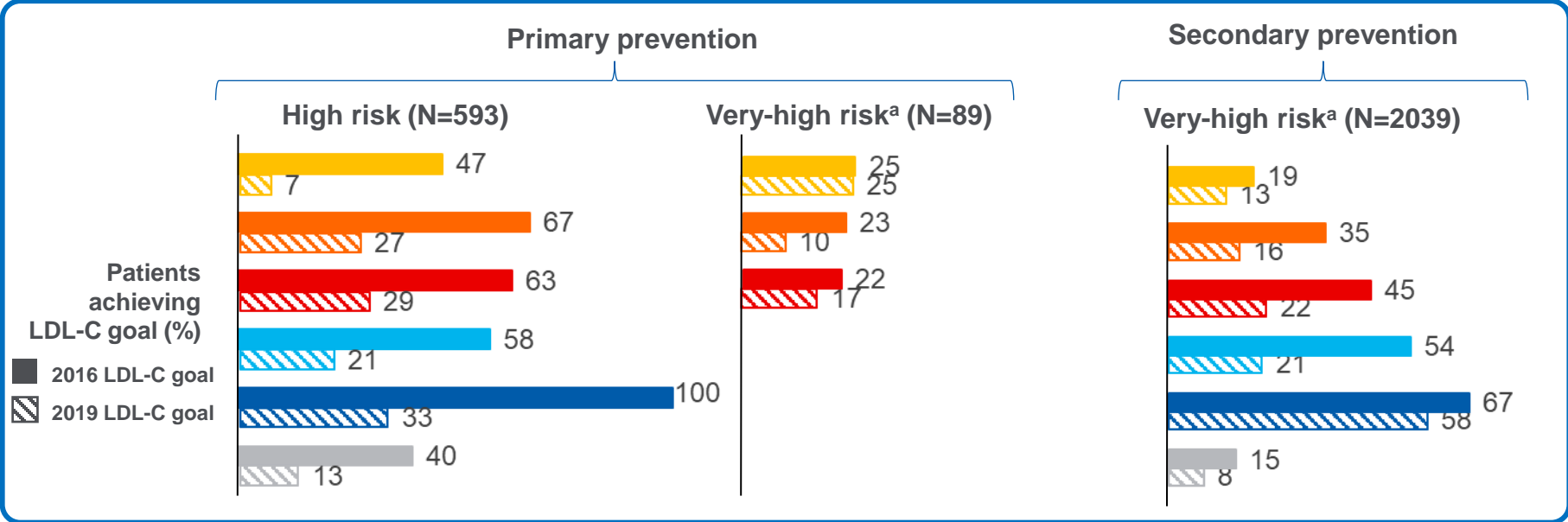


Unmet Need: Very High Risk Patients with LDL-C ≥ 70 mg/dl Across EUROPE

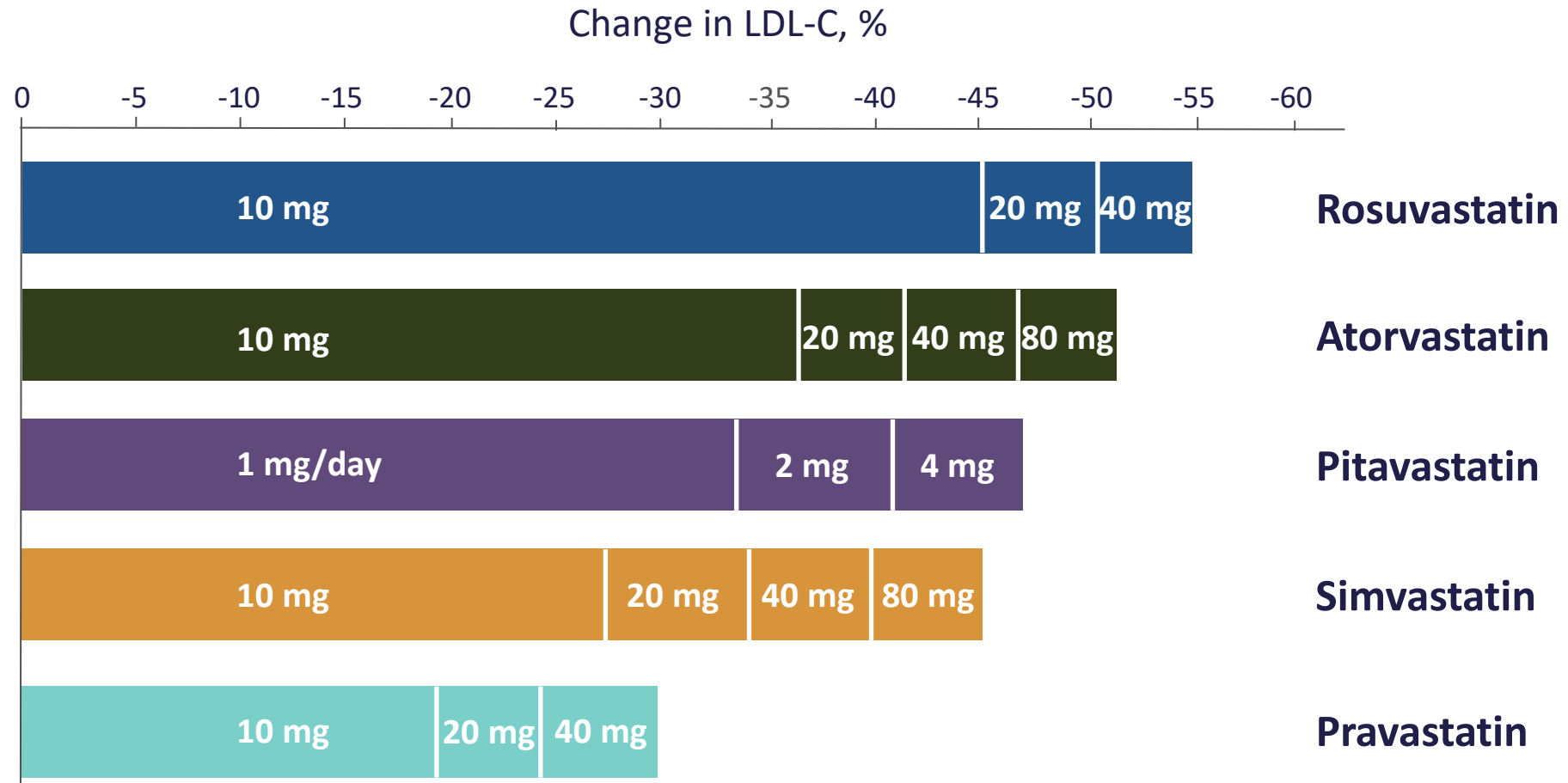
- Analysis of the hospital arm of the EUROASPIRE V survey of risk factors and management in coronary heart disease patients with/without diabetes
- Carried out in 27 European countries, 2016–17
- Coronary patients followed up n=7,824
- 84.3% of patients were receiving LLT
 - 49.9% were receiving high intensity LLT
 - 34.1% were receiving low/moderate intensity LLT
- Overall, 71.0% of coronary patients across Europe were not at LDL-C goal (<70 mg/dL)



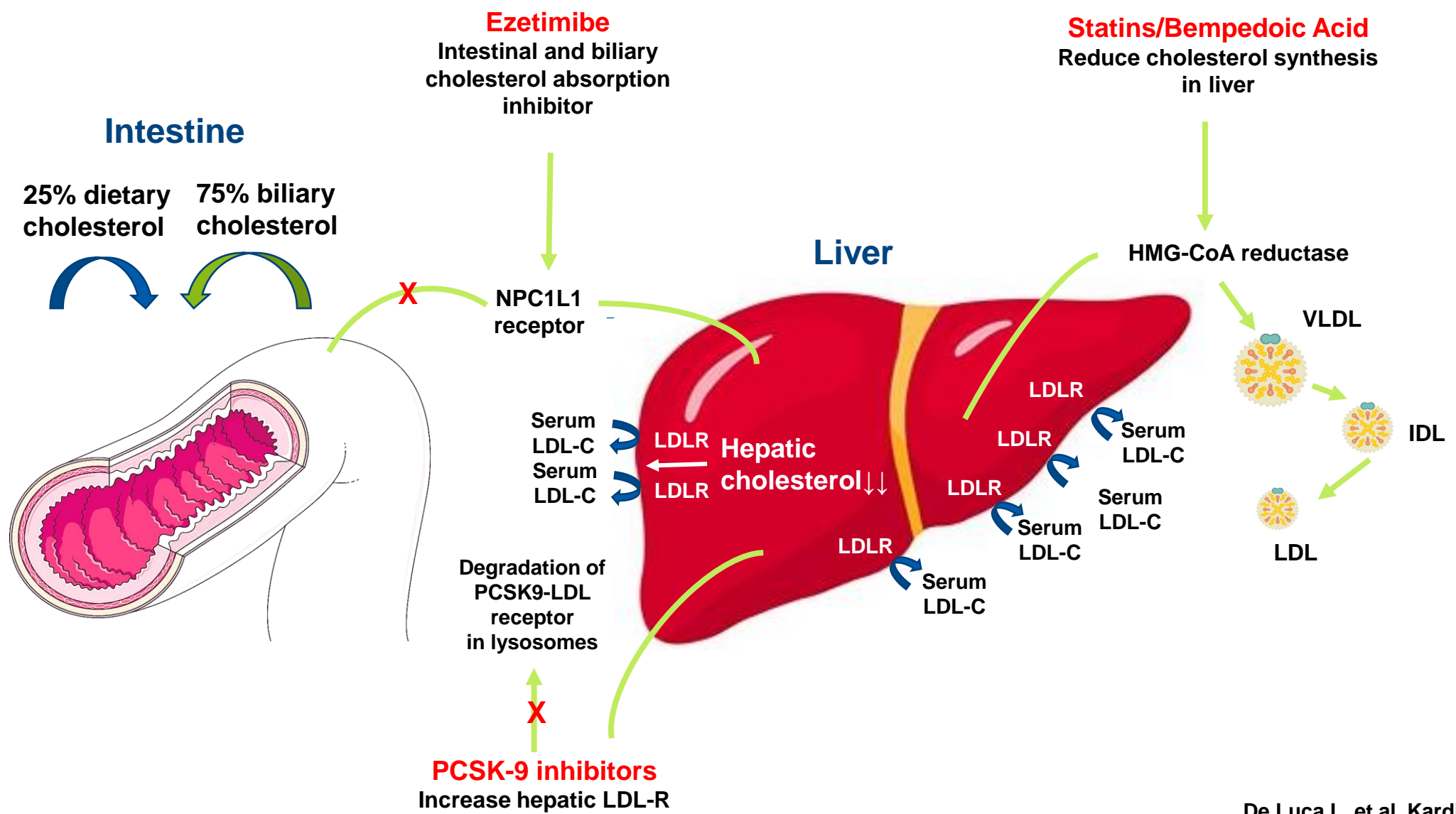
DA VINCI Study: LDL-C 2019 Goal Attainment by Risk and LLT



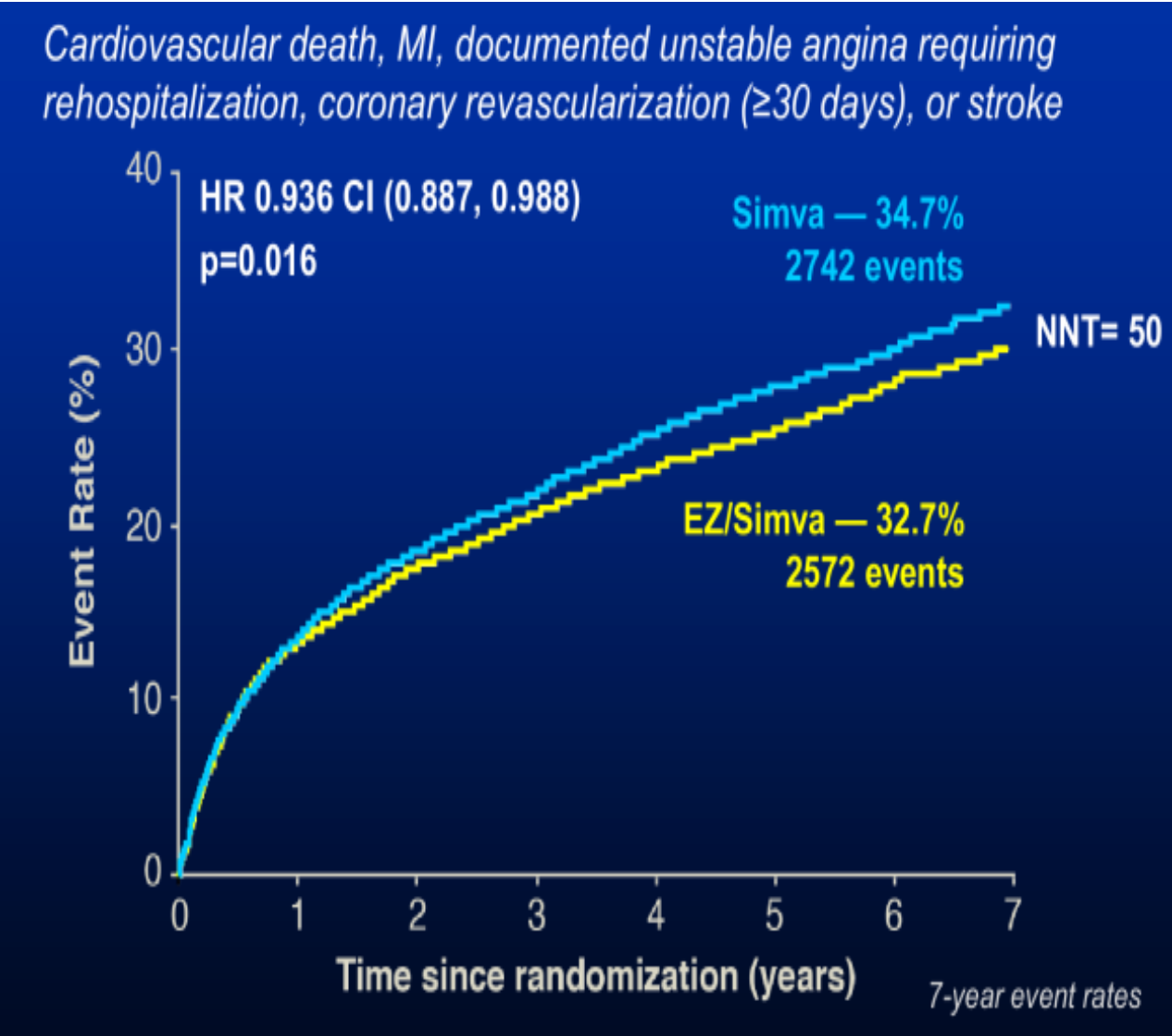
Doubling Statin Dose Achieves ~6% Additional LDL-C Reduction



Available LDL Lowering Agents



Ezetimibe in IMPROVE-IT



POSITION PAPER

Position paper ANMCO: Gestione dell'ipercolesterolemia nei pazienti con sindrome coronarica acuta

Leonardo De Luca¹, Carmine Riccio², Alessandro Navazio³, Serafina Valente⁴, Manlio Cipriani⁵, Marco Corda⁶, Alfredo De Nardo⁷, Giuseppina Maura Francese⁸, Cosimo Napoletano⁹, Emanuele Tizzani¹⁰, Loris Roncon¹¹, Pasquale Caldarola¹², Michele Massimo Gulizia⁸, Domenico Gabrielli^{1,13}, Fabrizio Oliva¹⁴, Furio Colivicchi¹⁵

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¹³Fondazione per il Tuo cuore - Heart Care Foundation, Firenze

¹⁴Unità di Cure Intensive Cardiologiche, Cardiologia 1-Emodinamica, Dipartimento Cardioracovasculari "A. De Gasperis", ASST Grande Ospedale Metropolitano Niguarda, Milano

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European Heart Journal Supplements (2023) 25 (Supplement D), D299-D309

The Heart of the Matter


<https://doi.org/10.1093/eurheartjsupp/suad100>



ESC

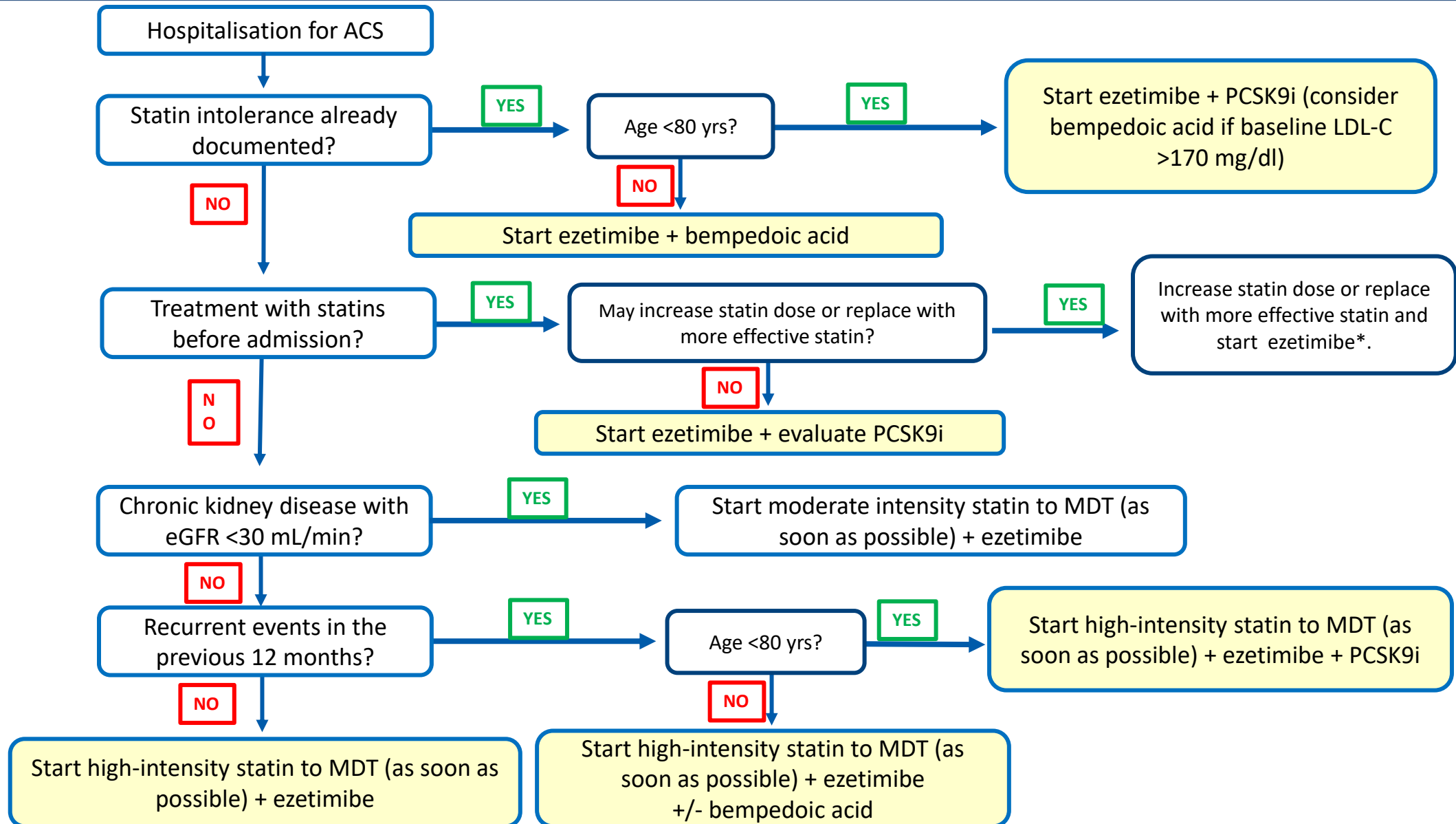
European Society
of Cardiology

ANMCO position paper on the management of hypercholesterolaemia in patients with acute coronary syndrome

Leonardo De Luca *¹, Carmine Riccio², Alessandro Navazio³, Serafina Valente⁴, Manlio Cipriani⁵, Marco Corda⁶, Alfredo De Nardo⁷, Giuseppina Maura Francese⁸, Cosimo Napoletano⁹, Emanuele Tizzani¹⁰, Loris Roncon¹¹, Pasquale Caldarola¹², Michele Massimo Gulizia⁸, Domenico Gabrielli¹, Fabrizio Oliva¹³, and Furio Colivicchi¹⁴

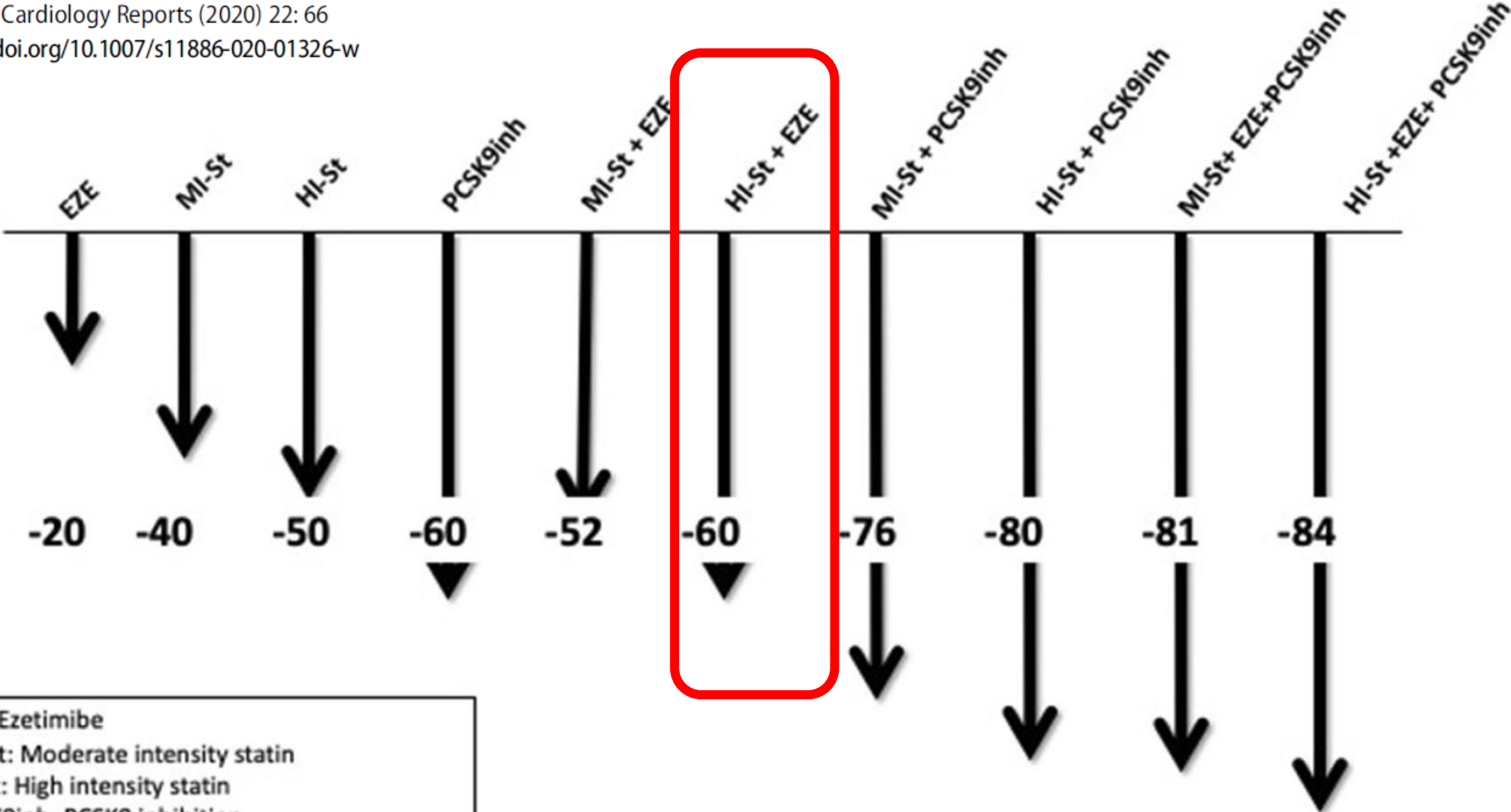
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ANMCO Position Paper



Estimated Efficacy of Different Lipid Lowering Strategies

Current Cardiology Reports (2020) 22: 66
<https://doi.org/10.1007/s11886-020-01326-w>



Eze: Ezetimibe
MI-St: Moderate intensity statin
HI-St: High intensity statin
PCSK9inh: PCSK9 inhibition

Putting Together the Best in Class

Rosuvastatin



Ezetimibe

First Recommendations for the Use of Polypills

- **2001:** Recommended for secondary prevention of CVD at the Wellcome-WHO meeting
- **First polypills** consisted of:
 - Statin
 - 3 BP-lowering agents (thiazide diuretics, β -blockers, ACEi)
 - Folic acid
 - Aspirin

*The **polypill strategy** could largely prevent heart attacks and stroke if taken by everyone aged 55 and older and everyone with existing CVD.*

*It would be acceptably safe and, with widespread use, would have a **greater impact on the prevention of disease** in the Western world than any other single intervention.*



Rationale and Advantages of the Polypill



Position of Experts on Polypills

2016 European Guidelines on CVD Prevention in Clinical Practice¹

The **use of polypill** and combination therapy to **increase adherence** to drug therapy may be considered

2017 Polypill in CV Prevention Position Paper of the ESH²

The **use of polypill** and combination therapy to **increase adherence** to drug therapy may be considered

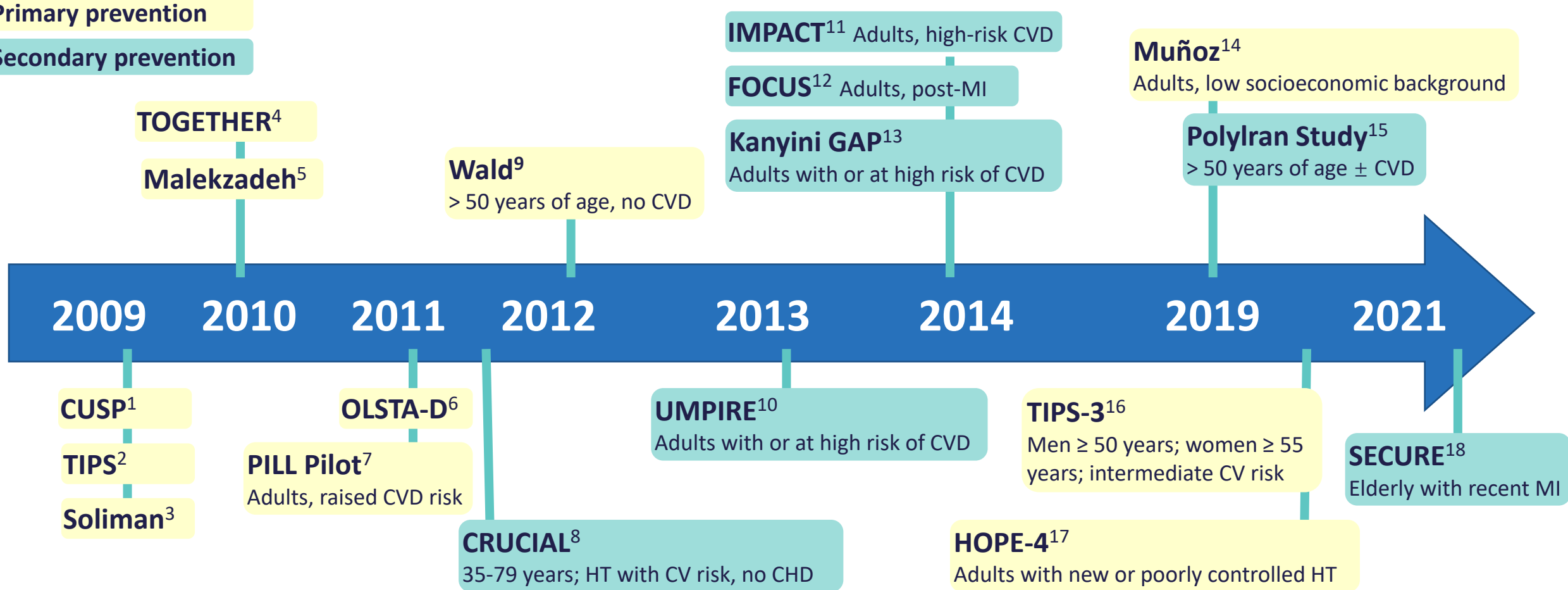
2018 ESC/ESH Guidelines for Management of Arterial Hypertension³

The **advantage of treatment simplification** and **adherence** suggests that **use of the polypill** may be **considered** in patients with hypertension as a substitution when the need and effectiveness of each polypill component has been previously established by their administration in separate tablets

Key Clinical Trials for Polypills

Primary prevention

Secondary prevention

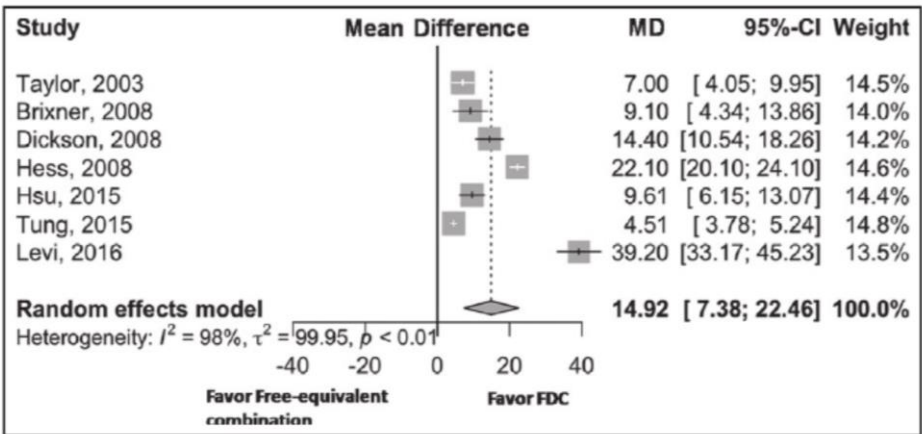


CHD, coronary heart disease; CV, cardiovascular; CVD, cardiovascular disease; HT, hypertension; MI, myocardial infarction. 1. Neutel JM, et al. *J Clin Hypertens* 2009;11:22-30. 2. Yusuf S, et al. *Lancet* 2009;373:1341-51. 3. Soliman EZ, et al. *Trials* 2011;12:3. 4. Grimm R, et al. *Vasc Health Risk Manag* 2010;6:261-71. 5. Malekzadeh F, et al. *Int J Clin Prac* 2010;64:1220-7. 6. Park J-S, et al. *Drug Des Devel Ther* 2016;10:2599-609. 7. PILL Collaborative Group. *PLoS One* 2011;6(5):e19857. 8. Zamorano J, et al. *Curr Med Res Opin* 2011;27(4):821-33. 9. Wald DS, et al. *PLoS One* 2012;7(7):e41297. 10. Thom S, et al. *JAMA* 2013;310:918-29. 11. Salek V, et al. *BMJ* 2014;348:g3318. 12. Castellano JM, et al. *J Am Coll Cardiol* 2014;64:2071-82. 13. Patel A, et al. *Eur J Prev Cardiol* 2015;22(7):920-30. 14. Muñoz D, et al. *N Engl J Med* 2019;381:1114-23. 15. Roshandel G, et al. *Lancet* 2019;394(10199):672-83. 16. Joseph P, et al. *Am Heart J* 2018;206:72-9. 17. Heart Outcomes Prevention and Evaluation 4 (HOPE-4). ClinicalTrials.gov website. Accessed July 2020. 18. Secondary Prevention of Cardiovascular Disease in the Elderly Trial (SECURE). ClinicalTrials.gov website. Accessed July 2020.

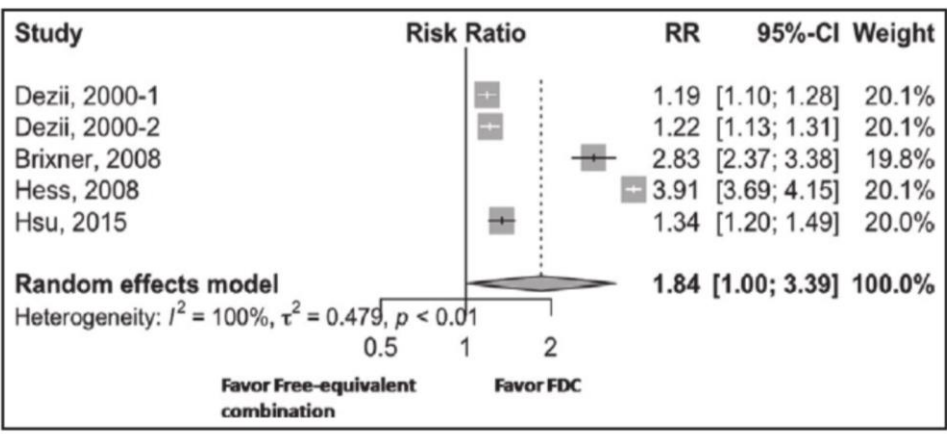
The impact of fixed-dose combination versus free-equivalent combination therapies on adherence for hypertension

Meta-analysis of 7 studies (62,481 patients with hypertension)

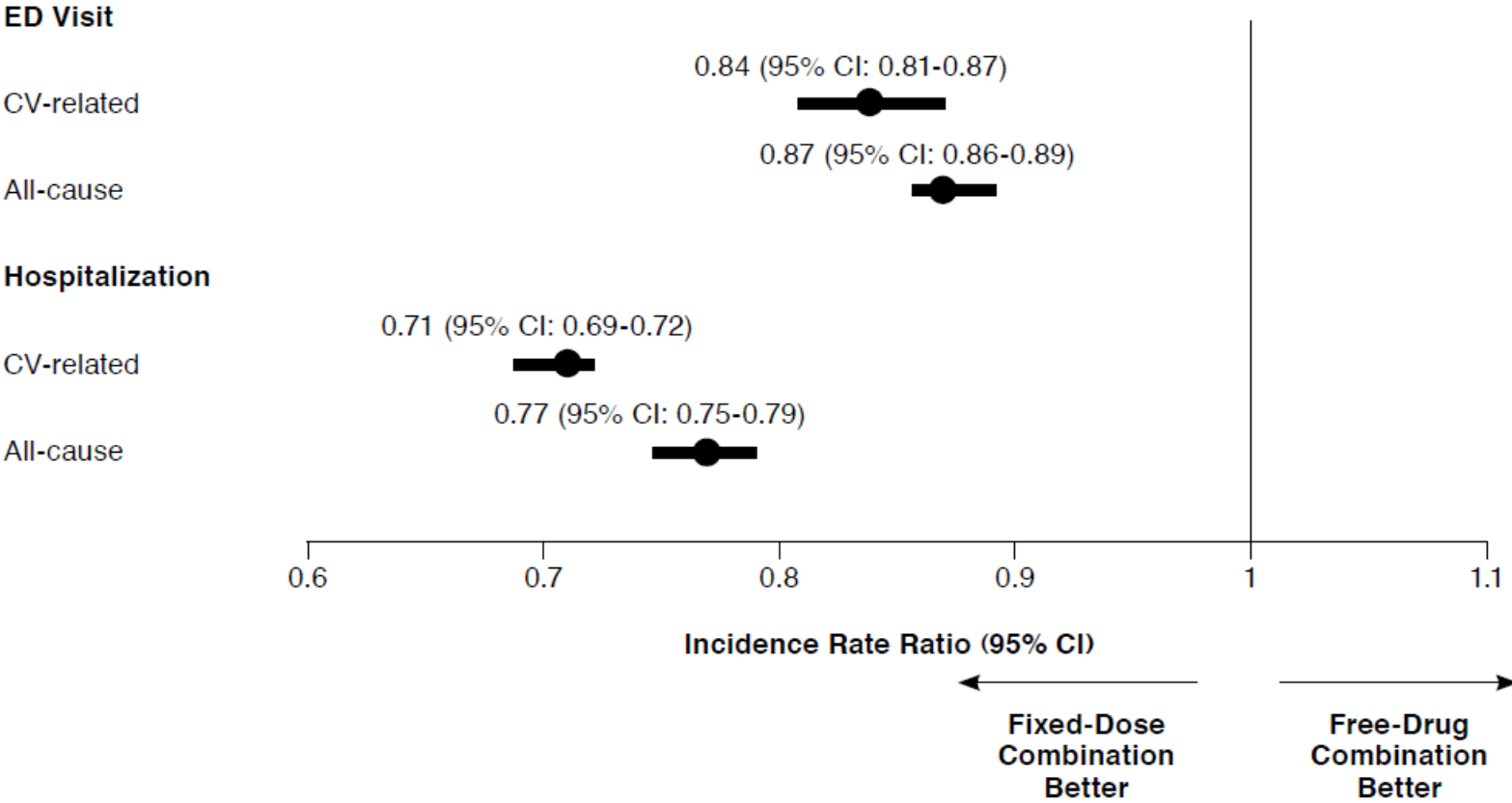
Adherence



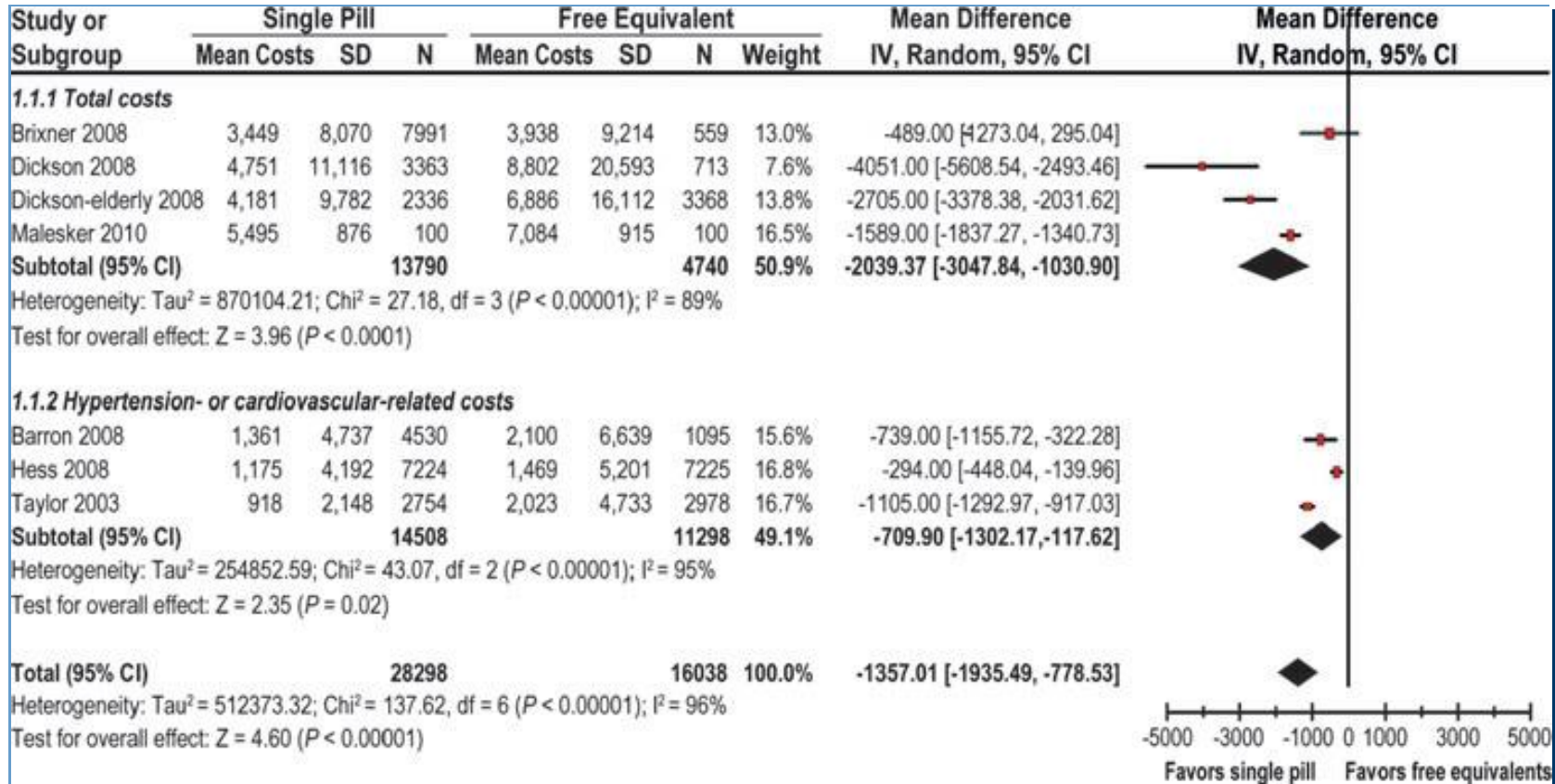
Persistence



Evaluation of health care utilization in patients treated with single pill vs. free combination antihypertensives



Single-pill vs free-equivalent combination therapies for hypertension: a meta-analysis of health care costs



Summary

LDL-C is the causal factor of coronary plaque development and activation and LDL-C concentrations directly correlate with CV events;

Recent guidelines further reduced LDL-C targets;

Rosu/Ezetimibe is the combination of the best in class oral agents for the reduction of LDL-C levels

Fixed dose combination of rosu/ezetimibe might enhance adherence and increase the percentage of patients reaching the recommended therapeutic goals