

LDL Target in Lipid Guidelines?

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Abstract

Large clinical studies have clearly established that the link between lowering low-density lipoprotein cholesterol (LDL-C) and risk reduction of cardiovascular events in patients with and those without cardiovascular disease. Consequently, treatment guidelines have been developed that identify LDL-C as a causative factor for cardiovascular disease and as a target for lipid-lowering therapy. A meta-analysis by the Cholesterol Treatment Trialists (CTT) reported that a reduction of 1 mmol per liter in LDL-cholesterol levels results in a consistent 20% to 25% decrease in the risk of the major cardiovascular events as well as the total mortality decreasing by 12 percent. Recently, Low and extremely low LDL have been beneficial to decrease cardiovascular events as RCTs by ezetimibe and PCSK9 inhibitors. This lecture is to look into lipid guideline history and LDL target in recent lipid guidelines.

Keywords

LDL- cholesterol, Cardiovascular events, lipid guidelines