

## Lecture Abstract or Synopsis for publication

### mHealth Can Improve Dyslipidemia Care

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#### Abstract

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Dyslipidemia is a major risk factor for atherosclerotic cardiovascular disease (ASCVD). In the last decades, an increase in the use of cholesterol lowering drug has been associated with a decrease in the prevalence of dyslipidemia, but much less progress has been made with lifestyle changes. While traditional 'physician-patient encounters' continues to play an important role in the management of dyslipidemia, alternative approaches are being explored. Mobile health, or mHealth, is one alternative approach that is being investigated for its low cost and wide reach.

mHealth is defined as the use of mobile phone and wireless technologies to support the achievement of health objectives. Rapidly advancing mobile technology and its ability to reach more than 85% of the world's population has led to an increase in popularity of mHealth as a tool to improve risk factor control and patient outcomes. Email and websites were utilized in earlier studies, whereas short message service and mobile applications have been utilized more often in recent studies.

In this talk, I would like to review some recent studies which used mHealth to improve lifestyle and medication adherence. In addition, ongoing studies which use smartphone apps to enhance the physician-patient interaction in patients with ASCVD will be introduced.

#### Keywords

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*Atherosclerotic cardiovascular disease, Dyslipidemia, mHealth, lifestyle changes*