

## Part II: PRIMARY PREVENTION

**P**rimarily prevention is the greatest challenge in coronary heart disease. Primary prevention is intervention in the care of patients who are usually but do not always have hypercholesterolemia and have not yet developed any clinical evidence of coronary heart disease. Those with normal cholesterol levels who are at risk are difficult to identify. The objectives of primary prevention are first to prevent myocardial infarction, cardiovascular death, and coronary intervention, and overall to reduce the likelihood of the development of coronary heart disease.

The West of Scotland Coronary Prevention Study (WOSCOPS) was in its day the largest and longest statin-based primary prevention study in the management of coronary heart disease. Two of the principal investigators present an overview of the study, including in-depth discussions of the cost effective-

ness of pravastatin and results of event reduction analysis. Results from the WOSCOPS have the potential to drive primary prevention. It was the first study to provide definitive clinical outcomes—reduction in disease progression, first myocardial infarction, cardiovascular death, and coronary interventions. It was also the first study large enough to demonstrate a relation between lowering low-density lipoprotein cholesterol and reducing coronary heart disease events.

*Presentations in this section:*

***Primary Prevention***

—*Stuart M. Cobbe, MD, FRCP*

***Pravastatin Event Reduction Analysis***

—*James Shepherd, MD, PhD, FRCP*