

Integrating Risk Factor Management of Coronary Heart Disease into Managed Care: *Introduction*

This Special Report supplement to *The American Journal of Managed Care* explores issues related to the management of risk factors for the development of coronary heart disease. In particular, the presentations focus on the clinical and cost-effective importance of cholesterol lowering therapy for appropriately selected patients.

It has been established that elevated levels of low-density lipoprotein cholesterol (LDL-C) are the foundation upon which the atherosclerotic disease is built. It is also being discovered that the plaques most likely to rupture and cause coronary events are rich in lipids. Several large-scale, well designed clinical trials have clearly demonstrated that lowering LDL-C with HMG-CoA reductase inhibitors ("statins") reduces morbidity and saves lives. Despite the publication of these trial results, the promotion of nationally accepted guidelines for cholesterol lowering (the National Cholesterol Education Program—"NCEP"), and the availability of safe, powerful cholesterol-lowering agents such as the statins, only a minority of patients who are candidates for cholesterol-lowering therapy are receiving it. Of those being treated, only a small percentage are treated to target NCEP cholesterol goal levels.

This supplement provides state-of-the-art information on strategic management of risk factors—especially elevated cholesterol levels—for the effective prevention of coronary heart disease.

The articles within these pages are based on presentations delivered at two satellite symposia as well as Sunday

morning sessions, plenary sessions, and oral presentations that took place at the 69th Scientific Sessions of the American Heart Association, November 9-13, 1996, in New Orleans.

ACRONYM LIST

The following acronyms are used in this Special Report supplement:

4S	Scandinavian Simvastatin Survival Study
ACAPS	Asymptomatic Carotid Artery Progression Study
ACE	angiotensin converting enzyme
CABG	coronary artery bypass graft
CARE	Cholesterol and Recurrent Events
CCAIT	Canadian Coronary Atherosclerosis Intervention Trial
CHD	coronary heart disease
CT	computed tomography
CPK	creatinine phosphokinase
EBCT	electron beam computed tomography
HCFA	Health Care Finance Administration
HDL-C	high-density lipoprotein cholesterol
HEDIS	Health Plan Employer Data and Information Set
HMG-CoA	3-hydroxy-3-methylglutaryl-coenzyme A
LDL-C	low-density lipoprotein cholesterol
LRC-CPPT	Lipid Research Clinics Coronary Primary Prevention Trial
MI	myocardial infarction
MICA	Myocardial Infarction Cholesterol Awareness study
MRI	magnetic resonance imaging
NCEP	National Cholesterol Education Program
NCQA	National Committee for Quality Assurance
PEPI	Post-Menopausal Estrogen/Progestin Interventions trial
PTCA	percutaneous transluminal coronary angioplasty
ROC	receiver operating curve
SAVE	Survival and Ventricular Enlargement
SCOR	Specialized Center of Research
WATCH	Worcester-Area Trial for Counseling in Hyperlipidemia
WOSCOPS	West of Scotland Coronary Prevention Study