

Part III: RISK-FACTOR MANAGEMENT IN WOMEN AND OTHER SPECIAL PATIENTS

This section covers various AHA plenary sessions that focused on specific problem areas related to dyslipidemia. Recent evidence from clinical trials validates aggressive management of patients with coronary heart disease and risk factors using HMG-CoA reductase inhibitors (statins).

Of growing concern is what the recent large clinical trials concerning cholesterol management have to say about women and what the special risk factors for women are. What those trials tell us about statins and who statins are indicated for is also important knowledge for today's clinicians.

An innovative disease management model and its success in managing cardiovascular risk factors is described, as is a unique multicenter registry that has been initiated to learn more about the development of accelerated coronary artery disease that commonly follows heart transplantation. Treatment of hyperlipidemia with lipid-lowering drugs may reduce risk of coronary events for heart transplant patients.

On the science research front, new evidence suggests that calcification of atherosclerotic plaque seen on electron beam computed tomography is correlated with the burden of atherosclerotic disease, and that dealing only with fixed obstruction won't prevent future cardiac events.

Finally, diet and lipid-lowering drugs (a statin and niacin) appear to be the best approaches to combined hyperlipidemia, a condition characterized by overproduction of lipoproteins.

Presentations in this section:

Lessons Learned from Lipid-Lowering Trials That Have Included Women

— Based on presentations by
Thomas A. Pearson, MD, PhD, and
Tatu A. Miettinen, MD

Identifying Women at Risk and Providing Protective Measures

— Millicent Higgins, MD, and
Elizabeth Barrett-Connor, MD

What Do Recent Trials Tell Us About Statins?

— Anne C. Goldberg, MD

Strategies to Enhance Risk Factor Management in Clinical Practice

— Nancy Houston-Miller, RN, BSN

Safety and Tolerability of Lipid-Lowering Drugs After Heart Transplantation: The Heart Transplant Lipid Registry

— Christie M. Ballantyne, MD

Possible Use of Ultrafast CT of Coronaries To Make Decisions in Hyperlipidemic Patients

— Linda L. Demer, MD, PhD

Treatment of Combined Hyperlipidemia: Whether and How

— Robert H. Knopp, MD

These presentations were based on various Sunday morning sessions, plenary sessions, and oral presentations that took place November 9 - 13, 1996, during the 69th Scientific Sessions of the American Heart Association, in New Orleans.