LDL: Address the Risk
Think Tank

Patient Cases – Session 3
Case #1:

- 59 year old male
- PMH:
  - HTN
  - PCI of prox LAD, insig dx other cors at age 57 in the setting of angina
  - No smoking
- Meds:
  - Metoprolol succinate 50 mg daily
  - Ramipril 10 mg daily
  - Aspirin 81 mg daily
  - Atorvastatin 80 mg daily
Case #1 (cont’d)

Objective

- VS: 98.4°F – 72 BPM – 18 RPM – 126/78 mmHg
- eGFR >60 mL/min/1.73m²
- Normal metabolic panel
- HbA1c 5.4%
- TSH 1.2 mIU/L

Lipids
- TC: 180 mg/dL
- Tg: 270 mg/dL
- HDL: 45 mg/dL
- LDL-C: 85 mg/dL (Non-HDL-C: 135 mg/dL)
Case #1 (cont’d)

Lifestyle Modification:

- Vigorous exercise > 30 min/day
- Check and reinforce adherence with medications
- Maintain a healthy weight
- No smoking
Case #2

- 72 year old male
- PMH:
  - ASCVD
    - 2015 MI (PCI with DES to RCA), placed on secondary prevention regimen including atorvastatin 80mg daily, ezetimibe 10 mg daily
    - 2016 NM Spect (normal LVEF, NWM with rest/exertion)
- DMII
- HTN
- Prior CVA
- Current smoking
Case #2 (cont’d)

- **Meds:**
  - Metoprolol succinate 50 mg daily
  - Ramipril 10 mg daily
  - Aspirin 81 mg daily
  - Clopidogrel 75 mg daily
  - Metformin 500 mg BID
  - Atorvastatin 80 mg daily
  - Ezetimibe 10 mg daily

Objective

- **VS:** 98.4°F – 80 BPM – 16 RPM – 130/72 mmHg
- normal metabolic panel
- eGFR >60 mL/min/1.73m²
- HbA1c 9.0 %
Case #2 (cont’d)

Lipids
- TC: 169 mg/dL
- Tg: 171 mg/dL
- HDL: 45 mg/dL
- LDL-C: 90 mg/dL (non-HDL-C = 124 mg/dL)

Lifestyle Modification:
- Vigorous exercise > 30 min/day
- Check and reinforce adherence with medications
- Maintain a healthy weight
- Current daily smoker (20 pack year history) (precontemplation stage)