

**Regina Lipid Clinic
Lipid Consultation (January 2016)**

SG is a 52 year old white male referred to Lipid Clinic for further assessment and management by his community cardiologist. At time of referral he is noted to weigh 83.3 kg and is 173 cm tall. His blood pressure is 127/79 mm Hg. In discussion, patient indicates some longstanding myalgia (1-2/5).

Medications:

Atorvastatin 40 mg daily
Colsevelam 1875 mg bid
Perindopril 8 mg daily

Family History:

Father: CAD/CABG at age 36, died of ACS event at age 42y
Brother – died of massive ACS event at age of 37y
Brother – increased lipids, alive and well age 55y

Social History:

Married, 2 children (boy and girl 15, 12) healthy
Non smoker
2-3 drinks per week

Past Medical History:

Increased lipids and on therapy since 9-10 years old
Has been on multiple lipid lowering therapy over the years
2009 – Cardiac CT – demonstrated some calcification, minor disease in the form of fibrocalcific disease
Well controlled hypertension x 5 years

Labs at time of referral:

Cholesterol:	4.77 mmol/L	(3.80-5.20)
TG:	1.22 mmol/L	(0.35-1.70)
HDL – C:	1.08 mmol/L	(0.90-2.40)
LDL – C:	3.14 mmol/L	
Non-HDL C:	3.7 mmol/L	
Apo B:	1.03	
CK:	147 U/L	(55-170)
ALP:	54 U/L	(40-135)
ALT:	23 U/L	(4-55)
TSH:	2.04 mIU/L	(0.49-4.67)
FBG:	5.5 mmol/L	(3.6-6.1)
eGFR:	>60	

Assessed in Clinic – Med changes:
Rosuvastatin 40 mg daily
Ezetimibe 10 mg daily
(D/C atorvastatin and colsevelam)

March 10, 2016 follow up:

Patient stable:

Cholesterol:	4.17 mmol/L	(3.80-5.20)
TG:	1.34 mmol/L	(0.35-1.70)
HDL – C:	1.00 mmol/L	(0.90-2.40)
LDL – C:	2.56 mmol/L	
Non-HDL C:	3.2mmol/L	

Follow up in 12 weeks....

Issues for consideration in clinic (and to be discussed during workshop):

- Cause of dyslipidemia
 - Primary
 - Secondary
- Screening
- Goals of Treatment
- Treatment Options
- Management of Adverse Effects
- Adherence
- Next steps....