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Do we apply current guidelines while prescribing statin therapy?

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Introduction: Statin is the most controversial molecule, at the same time very commonly used as well as misused amongst all cardiovascular drugs.

Method: We studied a large cohort of patients to see if statin was being prescribed by specialist and general physicians simply based on their random clinical decision or current standard guidelines were being followed.

Analysis & Results: It was discovered that a vast majority of patients were being prescribed Statin simply based on the numerical value of total cholesterol and LDL levels. A cardiovascular risk approach was not applied in these patients. On the other hand patients particularly diabetic who are now considered at higher risk for cardiovascular event were being missed out on statin. Appropriate potency and adequate dosing of statin therapy was not always adhered to. Statin therapy was also discontinued in patients despite strong clinical indication simply based on mild rise in liver or muscle enzymes. Use of Ezetemibe as adjunct therapy was very limited.

Conclusion: Standard guidelines are not always being used while prescribing Statin treatment. Physicians still tend to initiate and stop statin therapy only based on their own random clinical judgment. This action does leave some high risk patients unprotected and made deprived of important and readily available drug therapy.

Biography

Syed Raza graduated from Aligarh University in India in 1993. After completing his Post-graduate degree in Medicine from the same university, he moved to the UK for higher specialist studies. He successfully completed MRCP and CCT and later also awarded Fellow of the Royal College of Physicians of Edinburgh. He was awarded Professor John Goodwin prize for outstanding performance in Diploma Cardiology exam at Hammersmith Hospital, University of London in 2001. He is currently serving as consultant in Cardiology and Head of the department of Medicine at Awali Hospital, Bahrain. He has to his credit numerous publications and has presented his work in different parts of the world. He is peer review author for some well respected journals.

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