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Fats of life, atherogenesis skinny basics: As low LDL as you get or fire and forget

While medicine has achieved monumental gains in the fight against cardiovascular disease, it remains our prime killer. Our old enemy adapts and modifies ushering new battlefields. On statins, ~17% of high risk and 30% of the very high risk patients still had a MACE (Major Adverse Cardiac Events) over 11 years of F/U in one study. As advanced lipid testing identify new players, those for and others against us, the landscape of intervention is getting so vast. Part of the challenges stem from better understanding, provoking new technologies and molecules to combat the deadly foe. In this review, I take the audience through what we understand and what we do not. The present challenges and advances beyond statins. New ambitions, lowering the bar for guidelines and future goals.

Biography

Ahdy Helmy, has a MSc and a PhD from Alexandria University, Egypt, then finished a second residency in Internal Medicine, and a fellowship in Endocrinology and Metabolism at Indiana University, USA. He is triple board certified in Medicine, Endocrinology & Lipidology. Is a faculty at Indiana University School of Medicine, USA for the past 20 + years, a distinguished teacher, clinician, an author, and speaker within the USA and abroad.

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