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Total cholesterol level association with cholesterol controlling therapy in patients with elevated cardiovascular risk in Latvia

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Background and Aim: Despite evidence that high cholesterol levels correlate with coronary death, proposition that cholesterol lowering therapy could reduce coronary heart disease death remains unproven. Some medications even appeared to increase the incidence of non-coronary death. This information may lead to reduced amount of medication prescriptions by doctors and patient unresponsiveness to therapy. Aim of the research was to evaluate use of cholesterol controlling medications in patients with elevated cardiovascular risk and its influence on total cholesterol levels.

Methods: 120 persons were invited to participate in this study based on presence of moderate to very high cardiovascular risk. Patients were interviewed using questionnaire which included questions about medication use and lifestyle. The data were processed using SPSS software and analyzed by descriptive statistics, crosstabs, Chi square test and independent samples T test.

Results: 59 males and 61 females participated in study. Mean age was 66 years ranging from 40 to 93 years. 43.4% of respondents did use cholesterol controlling medications, 29.2% of them regularly. In 23.3% of cases no medications were prescribed, but 11.7% of patients were indicated to follow their lifestyle habits. 21.7% did not follow indicated drug therapy. In patient group which took cholesterol controlling medications cholesterol level <5mmol/l was found in 53.8% of cases in comparison with 20.9% in other group. Results were statistically significant. ($p<0.001$) 82.7% of patients who did use medications had history of cardiovascular event. 46.7% of patients were not informed of their total cholesterol levels. In Male group total cholesterol level was 5.35 mmol/l opposed to 5.7mmol/l in female population. ($p>0.05$)

Conclusions: Overall use of cholesterol controlling medications in population with elevated cardiovascular risk is 43.3%. Presence of medical therapy has significant impact in total cholesterol level being under 5mmol/l. Main reason for use of medications is history of cardiovascular event.