TOPIC : **DIABETES AND THE HEART**

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SPEAKER : PROFESSOR DATO’ DR. MAFAUZY BIN MOHAMED

MEDIUM : ONLINE WEBINAR

ATTENDED BY : DR. LATINAH MOHAMAD

**SUMMARY OF THE COURSE**

1. Dyslipidemia is a MAJOR risk factor for cardiovascular disease. From Ministry Of Health Diabetes Clinical Audit 2019, the prevalence of dyslipidemia among Diabetec patients was 74.3% - means elevated total cholesterol or patient on lipid lowering agent.
2. Lipid screening for Type 2 Diabetes patients are suggested as below:
3. For adult patient , test for lipid profile at least annually to be done and more often test if needed to achieve goal.
4. Non fasting sample of blood can be used for assessment of lipid parameters. For nonfasting sample, if it is found that TRIGLYSERIDE is elevated above 2.3mmol/L , a fasting sample is required.
5. CV (cardiovascular) risk calculators for primary prevention are not recommended for individuals with TYPE 2 Diabetes because **TYPE 2 Diabetes are already considered high risk** and all CV risk factors should be aggressively managed.
6. **LDL-cholestrol is the primary** target for treatment . Statins are the agents of **FIRST choice** in treating dyslipidemias . High intensisty statins such as Rosuvastatin 20mg and Atorvastatin 40mg can reduce LDL-c more then 50% from the pretreatment level. Moderate intensity statin such as Atorvastatin 20mg , Rosuvastatin 10mg , Simvastatin 20mg to 40mg can reduce between 30 -49% of LDL-c