

Risk reduction of atherosclerotic cardiovascular disease through triglycerides management: Case report

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Despite extensive studies of strategies to prevent and treat risk factors after myocardial infarction, current evidence documents disappointingly slow, and in many cases limited, implementation of these therapies in practice and daily life. Thus, secondary prevention programs were recognized by the guidelines and introduced in everyday clinical practice around Europe. Programs include a range of interventions with health education, lifestyle advice, risk factors control, stress management and physical exercise components – exercised based cardiac rehabilitation, in order to reduce risk of morbidity and mortality among cardiac patients.

In 2019 new guidelines for the management of dyslipidaemias recommended drug treatment of hypertriglyceridemia in high risk individuals if triglyceride level is above 2.3 mmol/l. Through case report we aimed to present the steps in recommended risk reduction of atherosclerotic cardiovascular disease through triglycerides management.

Key words: risk factors, hypertriglyceridemia, drug treatment, secondary prevention programs, exercise based cardiac rehabilitation