

Correlation of compliance to statin therapy with lipid profile in dyslipidemic patients

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- The efficacy of statin therapy may be lost or vary with reduction in compliance of statin therapy.
- In a study conducted in 200 dyslipidemic patients to correlate the quantitative effect of compliance on lipid profile, a **higher compliance to statin therapy (assessed by pill count) correlated with lower serum levels of total cholesterol, LDL-C, triglycerides, and higher HDL-C.**
- Compliance can be improved by patient education, enhancement of patient-physician communication, simplification of drug regimens, and increased patient monitoring and follow-up.
- Estimation of HMGCoA reductase levels can be explored as a surrogate marker to monitor and assess the compliance of patients to statin therapy.

Prior to directly switching over to a higher dose of statin, enhancing compliance to existing statin regimen should be considered.