

## **Moderate statin treatment reduces prebeta-1 high-density lipoprotein (HDL) levels in dyslipidemic patients.**

Quinn AG, et al. *J Clin Lipidol*. 2017; 11(4): 908-914.

- **Elevated plasma levels of prebeta-1 HDL**, the principal acceptor of cholesterol effluxed from macrophages, are associated with **increased risk of atherosclerotic coronary heart disease (CHD) and myocardial infarction (MI)**.
- In 101 patients with dyslipidemia, moderate-dose statin treatment for 6 weeks significantly reduced low-density lipoprotein cholesterol (LDL-C) by 42.0%, triglycerides (TG) by 22.3% and prebeta-1 HDL by 17.9% after statin treatment. The decrease in prebeta-1 HDL was strongly associated with the decline in TG.

*Statin therapy not only lowers LDL-C and TGs, but reduces prebeta-1 HDL as well. This has a beneficial impact on cholesterol efflux and reduces risk of CHD and MI.*