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<https://reachmd.com/programs/cme/the-dose-matters-optimizing-statin-intensity-in-ascvd-management/35816/>

Released: 06/10/2025

Valid until: 06/10/2026

Time needed to complete: 1h 04m

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The Dose Matters: Optimizing Statin Intensity in ASCVD Management

Announcer:

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Dr. Gluckman:

Welcome to CME on ReachMD. I'm Dr. Ty Gluckman.

Dr. Wadhera:

And I'm Dr. Rishi Wadhera.

Dr. Gluckman:

In this episode, we're going to talk about optimizing statin intensity. And most of you are probably well familiar with statins and their role in reducing cardiovascular risk, but there is a wealth of data over decades, both for secondary prevention and primary prevention, reinforcing the value of statin therapy and helping to lower LDL cholesterol that translates into cardiovascular risk reduction. Importantly, however, statins come in varying intensities, and in general, they're divided into low-, intermediate-, and high-intensity statin therapy, and this relates fundamentally to the magnitude of LDL cholesterol lowering that, on average, is associated with their use. In general, we attempt to match the intensity of LDL cholesterol-lowering therapy to the baseline risk of the individual. So higher risk, we tend to favor more intensive statin therapy.

And Rishi, maybe I'll turn things to you to sort of talk about the role of statin therapy and whether this is any different in a rural versus a more urban population.

Dr. Wadhera:

Ty, I think, as you outlined, statins are fantastic therapies from both a primary and secondary prevention standpoint, and these are inexpensive medications that are very, very cost effective. And so we know that the prevalence of hyperlipidemia is higher amongst people living in rural parts of the country. And so I think it's important for us as clinicians to think about and focus on ways to ensure that patients living in these parts of the country have access to statin therapy.

Dr. Gluckman:

Well said. And I think we both recognize the fact that statin therapy and the appropriate intensity of statin therapy is underutilized in all different care settings, but it's really important to reinforce the rural challenges that exist as well.

So those are great insights to wrap up our brief discussion. Thanks for listening.

Announcer:

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