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Volume 48 | February 26, 2024

CARDI•OH
Ohio Cardiovascular and Diabetes Health Collaborative

Cardi-OH Update

The Ohio Cardiovascular & Diabetes Health Collaborative (Cardi-OH) is a statewide initiative of health care professionals who share knowledge to improve Medicaid patient outcomes and eliminate health disparities across Ohio.

LOVE Your Heart

February is American Heart Month

Check out these heart-healthy resources for talking with your patients:

Stay Active. Taking Steps: Exercising to Promote Heart Health
Eat Healthy. Diet: Guidelines and Recommendations for Improving Cardiovascular Health
Manage Stress. Tips to Cope with Stress and Improve Cardiovascular Health

February 2024 Statewide Webinar: *Last Chance to Register*

Fatty Liver Disease: A Silent Epidemic

Wednesday, February 28, 2024
12 - 1 p.m. ET

1.0 CME credit offered at no cost.

KEYNOTE SPEAKER
Lanla F. Conteh, MD, MPH, MBA
The Ohio State University

Cardi-OH WEBINAR

Lanla F. Conteh, MD, MPH, MBA

View webinar flyer

OBJECTIVES

- Screen and identify patients with metabolic dysfunction-associated steatotic liver disease (MASLD) and metabolic dysfunction-associated steatohepatitis (MASH).
- Describe current disparities in care in MASLD risk, assessment, and management.
- Manage contributing risk factors to MASLD in patient care.
- Counsel patients on current risks, treatment options, and prognosis.

Tune in to Cardi-OH Radio

Podcast 42 - Mindful Medicine: Integrating Mindfulness and Meditation in Primary Care

Listen to Timothy Adesanya, MD, PhD, from The Ohio State University, and Barbara Walker, PhD, from the University of Cincinnati.

Cardi-OH Radio podcasts highlight national, state, and local leaders discussing timely topics for primary care clinicians.

Want to be the first to know when a podcast is released? Subscribe to our channel.

Cardi-OH RADIO

Timothy Adesanya, MD, PhD

Barbara Walker, PhD

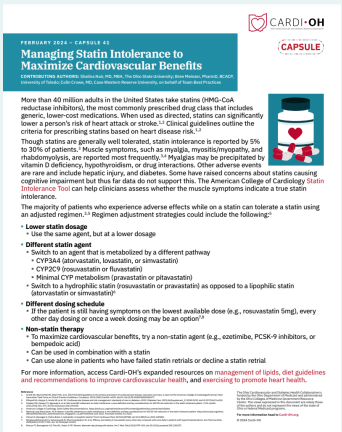
Pearls for Clinical Practice

Capsule 41 - Managing Statin Intolerance to Maximize Cardiovascular Benefits

Did You Know?
Most patients who experience adverse effects while on a statin can tolerate a statin using an adjusted regimen.

Capsules provide busy clinicians brief summaries of best practices that are ready to be implemented in clinical care.

Cardi-OH CAPSULE



CARDI-OH

FEBRUARY 2024 / CAPSULE 41

Managing Statin Intolerance to Maximize Cardiovascular Benefits

CONTRIBUTING AUTHORS: Shubha Rai, MD, MBA, The Ohio State University; Rose Molaei, PharmD, BCACP, University of Toledo; Colin Crowe, MD, Case Western Reserve University, on behalf of Team Best Practices

More than 40 million adults in the United States take statins (HMG-CoA reductase inhibitors), the most commonly prescribed drug class that includes generic, lower-cost medications. When used as directed, statins can significantly lower a person's risk of heart attack or stroke.[1,2] Clinical guidelines outline the criteria for prescribing statins based on heart disease risk.[1,2]

Though statins are generally well tolerated, statin intolerance is reported by 5% to 30% of patients.[3] Muscle symptoms, such as myalgia, myositis/myopathy, and rhabdomyolysis, are reported most frequently.[3,4] Myalgias may be precipitated by vitamin D deficiency, hypothyroidism, or drug interactions. Other adverse events are rare and include hepatic injury, and diabetes. Some have raised concerns about statins causing cognitive impairment but thus far data do not support this. The American College of Cardiology Statin Intolerance Tool can help clinicians assess whether the muscle symptoms indicate a true statin intolerance.

The majority of patients who experience adverse effects while on a statin can tolerate a statin using an adjusted regimen.[3,5] Regimen adjustment strategies could include the following:[4]

- **Lower statin dosage**
  - Use the same agent, but at a lower dosage
- **Different statin agent**
  - Switch to an agent that is metabolized by a different pathway
    - CYP3A4 (atorvastatin, lovastatin, or simvastatin)
    - CYP2C9 (rosuvastatin or fluvastatin)
    - Minimal CYP metabolism (pravastatin or pitavastatin)
  - Switch to a hydrophilic statin (rosuvastatin or pravastatin) as opposed to a lipophilic statin (atorvastatin or simvastatin)[6]
- **Different dosing schedule**
  - If the patient is still having symptoms on the lowest available dose (e.g., rosuvastatin 5mg), every other day dosing or once a week dosing may be an option[3,4]
- **Non-statin therapy**
  - To maximize cardiovascular benefits, try a non-statin agent (e.g., ezetimibe, PCSK-9 inhibitors, or bempedoic acid)
  - Can be used in combination with a statin
  - Can use alone in patients who have failed statin retrials or decline a statin retrial

For more information, access Cardi-OH's expanded resources on management of lipids, diet guidelines and recommendations to improve cardiovascular health, and exercising to promote heart health.

News You Can Use

Current 36 - SELECT Trial: Semaglutide Reduces Cardiovascular Risk in Patients With Overweight/Obesity and CVD

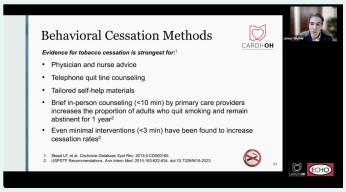
Currents provide brief summaries of the latest advances in medicine or clinical practice related to diabetes or hypertension and include links to additional resources.

Spring 2024 Cardi-OH ECHO Clinic

Health Equity and Cardiovascular Risk

View a highlight from the *Tobacco Use and Environmental Risks* clinic on February 15, 2024, featuring Jim Werner, PhD, MSSA, from Case Western Reserve University.

Want to see more? View videos of previous clinics led by our content experts.



Watch video

May 2024 Statewide Webinar: *Save the Date!*

Social Determinants of Health: Implementing Screening and Taking Action

Wednesday, May 22, 2024
12 - 1 p.m. ET

1.0 CME credit offered at no cost.

KEYNOTE SPEAKER
Rachel Gold, PhD, MPH
Senior Investigator, Kaiser Permanente Center for Health
Research Director of Implementation Science Programs, OCHIN

Rachel Gold, PhD, MPH

OBJECTIVES

- Understand barriers and facilitators to the implementation of screening for and making referrals to address social determinants of health in primary care settings.
- Learn about current evidence on strategies for decreasing the health impacts of social risk.

Registration opening March 1.

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Visit Cardi-OH.org to read more about the collaborative and our latest best practices.

Sharing best practices to improve cardiovascular and diabetes health

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