

## ABSTRACT

### The analysis of management of dyslipidemia by outpatients in 2002 - 2007

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**Introduction:** Atherosclerosis and the resulting cardiovascular disease (ICHs, IM, ICHDK, CMP) are the main cause of morbidity and mortality of adult population in developed countries. The introduction of lipid lowering medicaments in clinical practice is one of the most therapeutic procedures affecting the prognosis and quality of life of patients

**Aim:** Monitoring during treatment of patients with dyslipidemia, standardization of lipid levels, achieving the targets in the blood lipid levels. Monitoring prescription lipid lowering in the years 2002-2007

**Methods:** 177 patients were monitored (92 men, 85 women, average age 59 years) in the form of retrospectives, the period of 5 years. Data were drawn from the records from 3 patients of general practitioners and 1 internists.

**Results:** The largest representation of patients have the mixed dyslipidemia, 91%. Most patients fell within the primary prevention of 54.2%, in secondary prevention 28.8% in secondary prevention with DM2 type 6.2%, group DM2 type without history ICHs was 10.7%. TCH values for the period 2002-2007 gradually decreased on average from 6.39 mmol / l to 5.68 mmol / l, which means a decrease of about 11.2% for 5 years period. In the case of TAG, it was also a decrease of 2.91 mmol / l to 2.43 mmol / l, about 16.5%. The men were reported to compensate TCH better than women. The men were TCH values fall by 13% (6.34 mmol / l to 5.5 mmol / l), among women by 9% (6.44 mmol / l to 5.87 mmol / l). For values of TAG only men experienced a decrease of 25% (3.4 to 2.55 mmol / l). Women value stagnated at 2.3 mmol / l. More men than women achieved TCH. In men population we can observe the evolution from 13% to 16% in the period of 2002-2007. In women population a decrease from 8% to 4% was recorded since 2002. The best results of target values were achieved by statin therapy. In 2007 12% of patients treated by this therapy, achieved the target values. In the whole period 9.8% patients got to target values. In pharmacotherapy the best results were achieved fibrates therapy, due to which 54.8% patients achieved target values. The most frequently prescribed lipid lowering medicaments were statins, 83.6%. The most often prescribed statin was simvastatin, 83.1%.

**Conclusion:** The average values of the TCH in percents imply that only every tenth patient had in the course of years 2002-2007 sufficiently compensated levels of TCH. TCH values for the period 2002-2007 gradually decreased. The most frequently prescribed lipid lowering medicaments were statins. The application of statins in treatment resulted in achieving target values of the TCH in 12% of patients.