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The analysis of pharmacotherapy in patients suffering from hyperlipidemia

(Diploma Thesis)

Mentor of Diploma Thesis

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ABSTRACT ENGLISH

The analysis of pharmacotherapy in patients suffering from hyperlipidemia

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Introduction: Hyperlipidemia is a serious condition whereby the blood levels of lipids, cholesterol and triglycerides are abnormally elevated. This condition is generally asymptomatic but may lead to atherosclerotic heart disease and other types of cardiovascular pathology if not treated effectively. Various risk factors can affect the onset and severity of hyperlipidemia and those include genetic predisposition, hypertension, diabetes mellitus, obesity, poor diet, lack of regular exercise, smoking etc. Measurement and monitoring of blood levels of triglycerides, cholesterol and lipoproteins can be used as prevention method for assessing the risk for an individual to develop hyperlipidemia. Once a patient is diagnosed with the condition several approaches exist for the treatment. The main goal of the treatment is to reduce the risk of atherosclerosis-based disease, to reduce another complication of hyperlipidemia – namely. pancreatitis, by lowering the levels of LDL-C, triglycerides and cholesterol in the blood and to lower the influence of other risk factors. Medication is usually prescribed to reduce lipid levels. The main type of pharmacotherapy involves the use of statins either as a monotherapy or in combination with other medication such as fibrates or ezetimide. In addition, lifestyle changes are considered to enable the decrease of lipid levels and enhance the effectiveness of the pharmacotherapy.

Aim: The aim of the practical part of this project was to analyse, in a pilot pharmacotherapy study, hyperlipidemia in Greece.

Methods and results: We used information obtained from selected patients diagnosed with hyperlipidemia (sample of 78 patients in a Greek village) and understand the background of the disease onset and severity. In addition, the pharmacotherapy approaches followed to treat the patients were analysed along with an evaluation of the effectiveness of the medication. The information was obtained with the aid of a questionnaire filled by the patients, providing the appropriate information on their medication scheme and their views on the treatment. Statins were used as a more frequent pharmacotherapy and majority patient's belief to the effect of medicine is high.