

## 末梢動脈疾患に対してスタチンを開始するのに遅すぎることはない (Abstract 80087)

EUROASPIRE試験: 研究の結果、PADに対する薬物療法の開始と生涯にわたり遵守することの重要性が示された

EUROASPIRE: Research shows importance of starting and adhering to lifelong medication for PAD

末梢動脈疾患 (PAD) 患者において、スタチン系薬剤は診断後に遅れて開始された場合でも死亡率を低下させた、と ESC Congress 2019 で発表された。EUROASPIRE 試験において、スタチン内服を中止した患者の死亡率 (33%) は、一度も内服したことのない患者と同等 (34%) であった。試験期間50か月にわたりスタチン内服を遵守することは、20% の死亡率と関連があった。試験期間中の高用量スタチンの内服は、最も低い死亡率 (10%) と関連し、同じ期間中の用量減量は最も高い死亡率と関連した。

### Full Text

Statins are linked with reduced mortality in patients with peripheral arterial disease, even when started late after diagnosis, reports a study presented at ESC Congress 2019 together with the World Congress of Cardiology. Patients who stop the drug are at similar risk to those who never start. The research shows the importance of starting and adhering to lifelong medication, preferably at a high dose.

Around 200 million people worldwide have peripheral arterial disease (PAD). Statins are recommended for all patients with PAD, together with smoking cessation, exercise, healthy diet, and weight loss.

But adherence to statins is low: over the past five years, just 57% of patients in Europe took the medication as directed. In 2016 to 2017, only one-third of patients on statins reached the LDL cholesterol target of below 1.8 mmol/L (70 mg/dl).

This study examined whether adherence to statin therapy influenced survival in patients with symptomatic PAD. The study enrolled 691 patients admitted to hospital between 2010 and 2017 and followed-up for a median of 50 months.

At the beginning of the study, 73% of patients were on statins, increasing to 81% at the 50-month follow-up. The dose of drug also increased between the two time periods, which was paralleled by a significant drop in LDL cholesterol from 97 to 82 mg/dL.

Patients who stopped taking a statin had a similar mortality rate (33%) to those who never took the drug (34%). Adhering to statins throughout the 50 months was linked with a 20% rate of death.

Taking high-dose statins throughout the study was linked with the lowest mortality rate (10%), while reducing the dosage during the study was related to the highest death rate (43%).

Study author Dr. Jörn Dopheide of Bern University Hospital, Switzerland said: "The study shows that adherence to statins is essential for the best prognosis. We also show that it is never too late to start medication and benefit from it. On top of that, it is crucial not to reduce the dose because LDL cholesterol levels rise again, thus increasing the overall risk on top of the residual risk for further events."

He concluded: "All PAD patients should take statins, preferably very potent statins, like rosuvastatin 40 mg or atorvastatin 80 mg, or at the highest tolerable dose. In the rare case of statin intolerance, which was around 2% in our study, alternative lipid lowering therapies must be considered."

No funding was received for this study.

## Conference News

### [News 01]

大気汚染は血管形成術の施行率を上昇させる

### [News 02]

糖尿病患者におけるチカグレロルの臨床的有用性

### [News 03]

STEMI後の非責任病変におけるPCIで予後を改善

### [News 04]

ダバグリフロジンは糖尿病だけでなく心不全も治療する

### [News 05]

ACSにおいてプラスグレルはチカグレロルに勝る

### [News 06]

駆出率の保たれた心不全は依然として治療が困難である

### [News 07]

高感度トロポニンを用いた単回の検査でMIを除外する

### [News 08]

16年経過してもPCIは未だ血栓溶解療法に勝る

### [News 09]

$\beta$  遮断薬は腎機能障害を有する患者であっても死亡率を低下させる

### [News 10]

PCIとCABGには10年後の死亡率に差はない

### [News 11]

2年後の時点で経皮的僧帽弁修復術の有益性は認められなかった

### [News 12]

コレステロールおよび血圧の穏やかな低下の効果

### [News 13]

地域住民を対象とした塩分置換プログラムは血圧を低下させる

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心不全における一次予防としてのICDは死亡リスクを低下させる

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PCI後予防的ICDの長期の有益性

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末梢動脈疾患に対してスタチンを開始するのに遅すぎることはない

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心不全および脳卒中患者において白質病変は一般的である

### [News 18]

うつ病は介護者の身体的健康と関連がある

### [News 19]

MI後の内出血はがんを疑うきっかけとなる