

(Intensive) Lipid lowering therapy in elderly patients : CONS

Kwang-il, Kim, MD, PhD

Department of Internal Medicine,
Seoul National University College of Medicine,
Seoul National University Bundang Hospital

The number of elderly people, especially the very elderly people, is expected to be increasing for the upcoming years in Korea. This demographic change has profound impact on the medical and health care systems. As more people live longer, it is important to understand the chronic diseases or health problems which affect the health status or quality of life of the older adults.

It has been well established that cardio-cerebrovascular diseases have important influences on functional capacity and health status of the older adults. Recently, many risk factors which increase the risk of cardio-cerebrovascular diseases have been identified.

Among them, dyslipidemia is one of the most important risk factor for cardio-cerebrovascular disease. Although, there were many evidence showing the efficacy and safety of lipid lowering therapy with statin, but most of the studies excluded elderly (especially oldest old or frail elderly) people. Thus, there remain several questions regarding the clinical importance of dyslipidemia in older adults, safety and efficacy issue in treating dyslipidemia with statin in older adults. In this review, I will discuss current data and limitation on the topic of lipid lowering therapy in elderly patients.