



Gestion des dyslipidémies en 2023

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Médecin Associé

Cardiologie Interventionnelle / Service de Cardiologie, CHUV

2023 = 2019 ?

2019 ESC/EAS Guidelines for the management of dyslipidaemias: *lipid modification to reduce cardiovascular risk*

The Task Force for the management of dyslipidaemias of the European Society of Cardiology (ESC) and European Atherosclerosis Society (EAS)

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ESC Committee for Practice Guidelines (CPG), National Cardiac Societies document reviewers and Author/Task Force Member affiliations: listed in the Appendix.

¹Representing the EAS

2023 = 2022 ?

Anti-PCSK 9 : Changements en 2022



Remboursé en accompagnement d'un régime alimentaire et en complément d'une thérapie intensive à la dose maximale tolérée visant à réduire le LDL-C*:

Prévention Secondaire

Chez les patients après un événement cardiovasculaire ischémique athérosclérotique cliniquement manifeste



LDL-C > 1.8 mmol/l

Prévention Primaire

Chez les patients à partir de 10 ans atteints d'hypercholestérolémie familiale hétérozygote et homozygote



LDL-C > 2.6 mmol/l

1) Spezialitätenliste des Bundesamt für Gesundheit (BAG), <http://www.spezialitätenliste.ch>

* Repatha est remboursé si les valeurs de LDL-C ci-dessus n'ont pas pu être atteintes avec la dose maximale tolérée d'une thérapie intensive visant à réduire le LDL-C pendant au moins trois mois, consistant en l'essai d'au moins deux statines différentes avec ou sans ézétimibe (ou ézétimibe avec ou sans autre hypolipémiant en cas d'intolérance aux statines).

Les 3 critères supplémentaires

1. Objectif non atteint malgré 2 statines au maximal toléré pendant au moins 3 mois (avec ou sans ezetimibe)
2. Intolérance aux statines
3. Contrôle après 6 mois :
Réduction d'au moins 40% ou < 1.4 mmol/l

1) Spezialitätenliste des Bundesamt für Gesundheit (BAG), <http://www.spezialitätenliste.ch>

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Programme

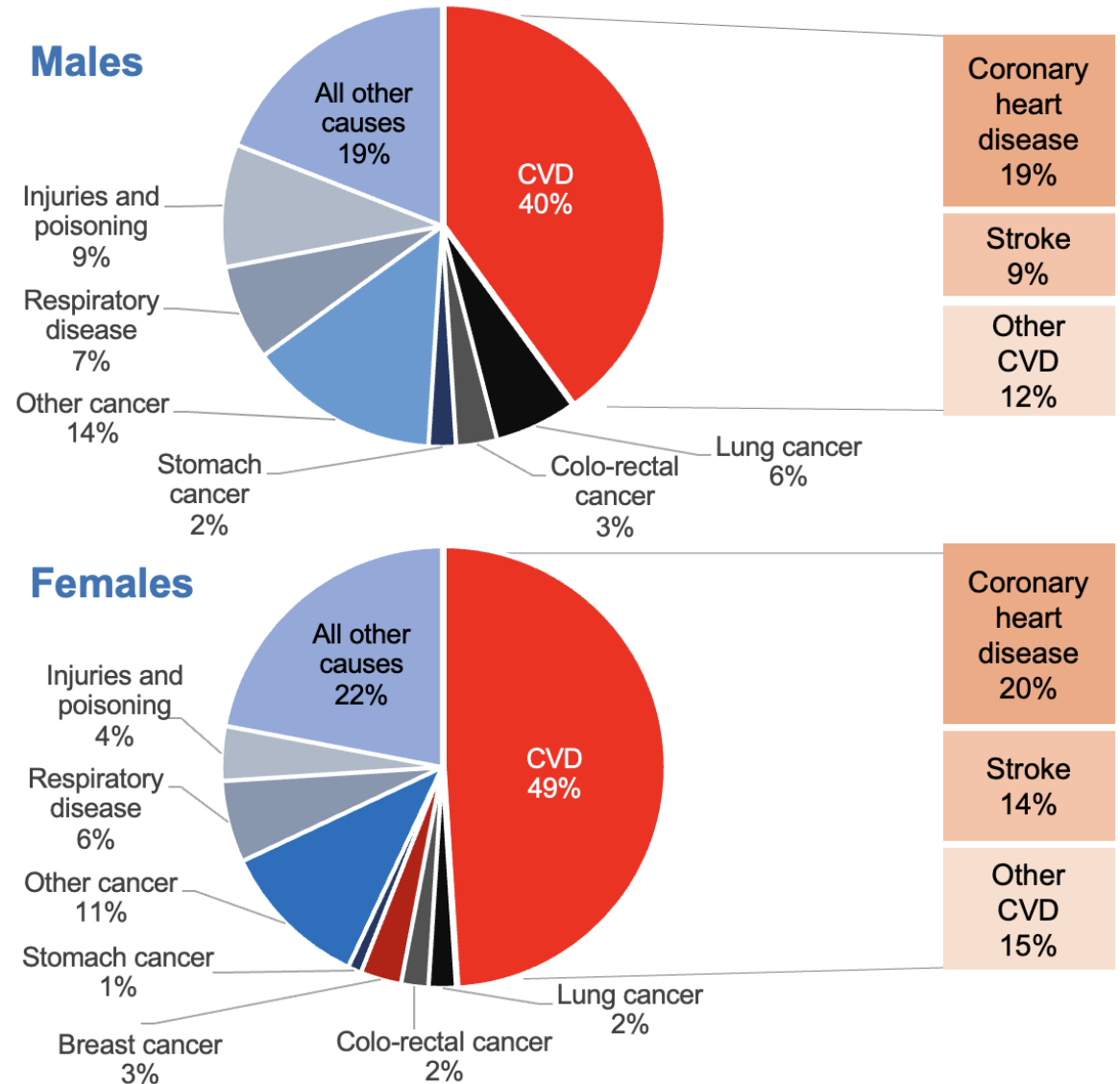
1. Pourquoi cibler le cholestérol ?
2. Quelles sont les « nouvelles » cibles ?
3. Pourquoi 1.4 mmol/l ?
4. Y parvient-on ?
5. Avec quelles armes (→2021) ?

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CVD is responsible
for > 4 Million
deaths in Europe
each year

CVD is the most frequent cause of death in Europe²



2018	Nombre de décès		Taux de mortalité ¹	
	Hommes	Femmes	Hommes	Femmes
Toutes les causes de décès	32 398	34 690	492,1	344,4
Maladies infectieuses	374	432	5,6	4,0
› Tumeurs malignes	9 545	7 815	149,1	101,1
Diabète sucré	574	578	8,3	5,1
Démence	2 004	4 450	26,3	33,5
› Maladies cardiovasculaires	9 418	11 178	134,6	91,4
Maladies de l'appareil respiratoire	2 395	2 228	33,8	21,1
Cirrhose du foie alcoolique	278	138	5,0	2,4
› Accidents et morts violentes	2 233	1 687	40,0	20,4



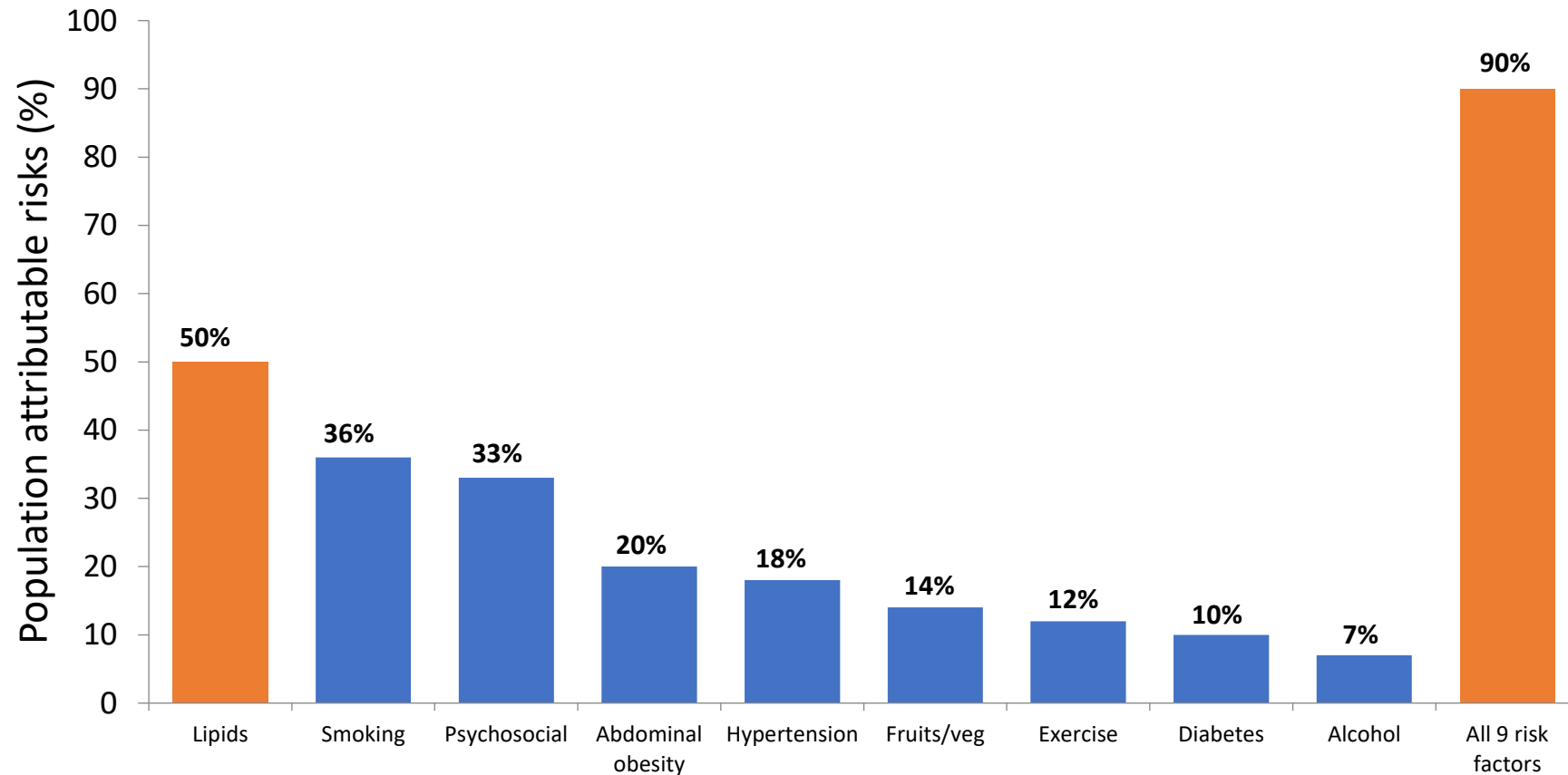
<https://www.bfs.admin.ch/bfs/fr/home/statistiques/sante/etat-sante/maladies/cardiovasculaires.html>

▼ Maladies cardiovasculaires	9 418	11 178	134,6	91,4
Cardiopathies, toutes formes	7 438	8 627	106,3	69,1
Cardiopathies ischémiques	3 793	3 054	54,9	25,3



Lipids are a major modifiable risk factor for ASCVD

Nine modifiable risk factors account for $\geq 90\%$ of first-MI risk



1. Yusuf S et al. Effect of potentially modifiable risk factors. INTERHEART study. Lancet 2004; 364: 937–52

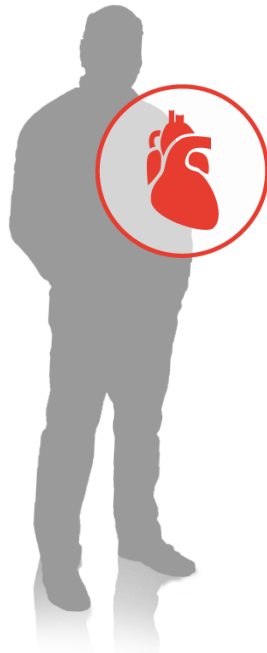
N=15,152 patients and 14,820 controls in 52 countries. Presented from highest to lowest PAR (5%).

LDL-C = low-density lipoprotein cholesterol; MI = myocardial infarction; PAR = Population attributable risk, adjusted for all risk factors.

20% des patients avec un infarctus auront une récurrence dans l'année¹⁻³

After MI:

Risk of recurrence
within a year
1 in 5⁽¹⁾



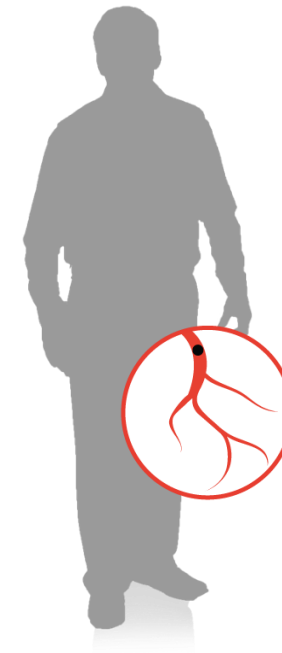
After Stroke:

Risk of recurrence
in 5 years
1 in 10⁽²⁾



Symptomatic PAD:

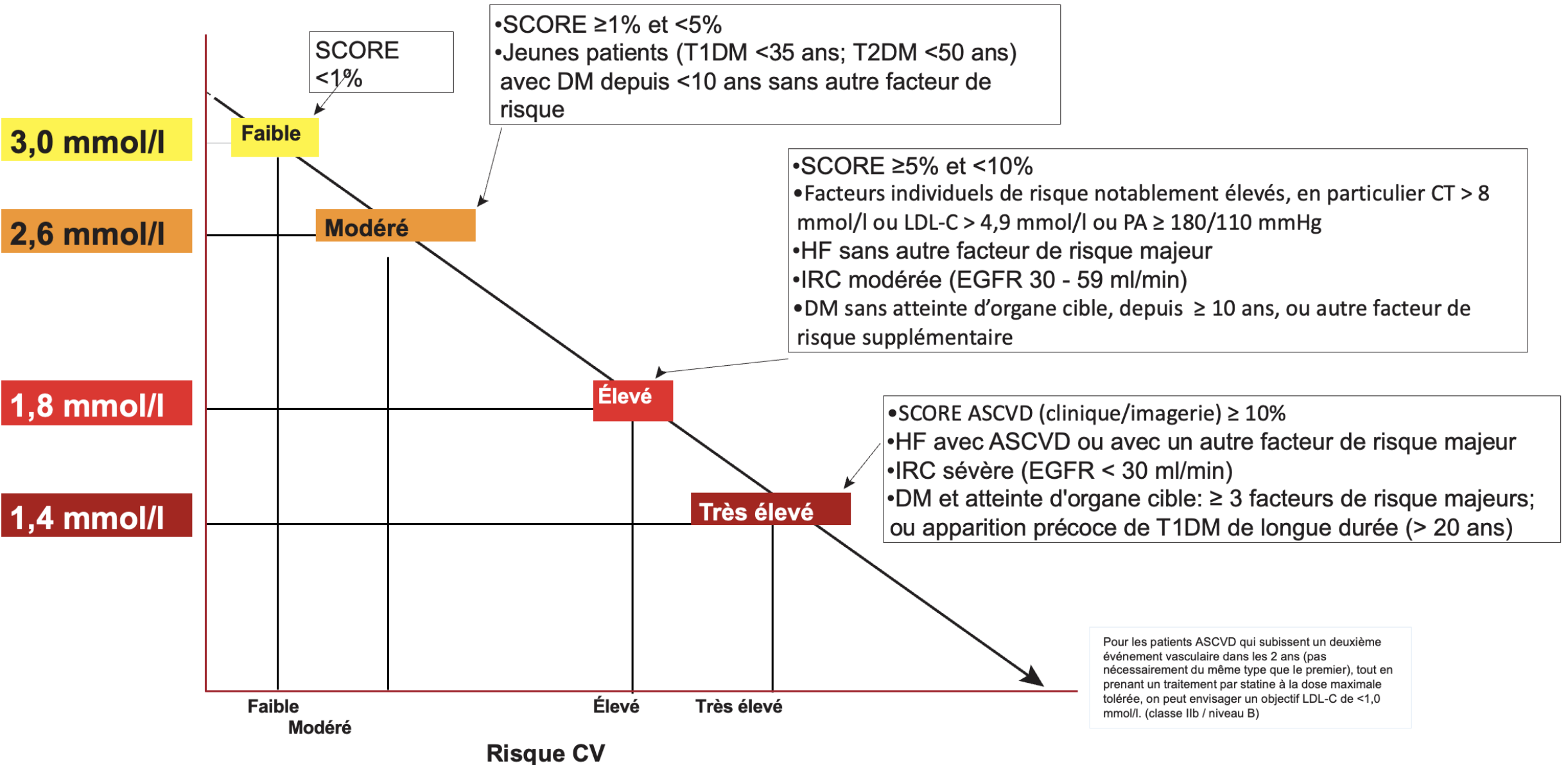
Risk of recurrence
within a year
1 in 5⁽³⁾



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Catégorie de risque	Cible
Risque très élevé	1.4 mmol/l
Risque élevé	1.8 mmol/l
Risque modéré	2.6 mmol/l
Risque faible	3 mmol/l



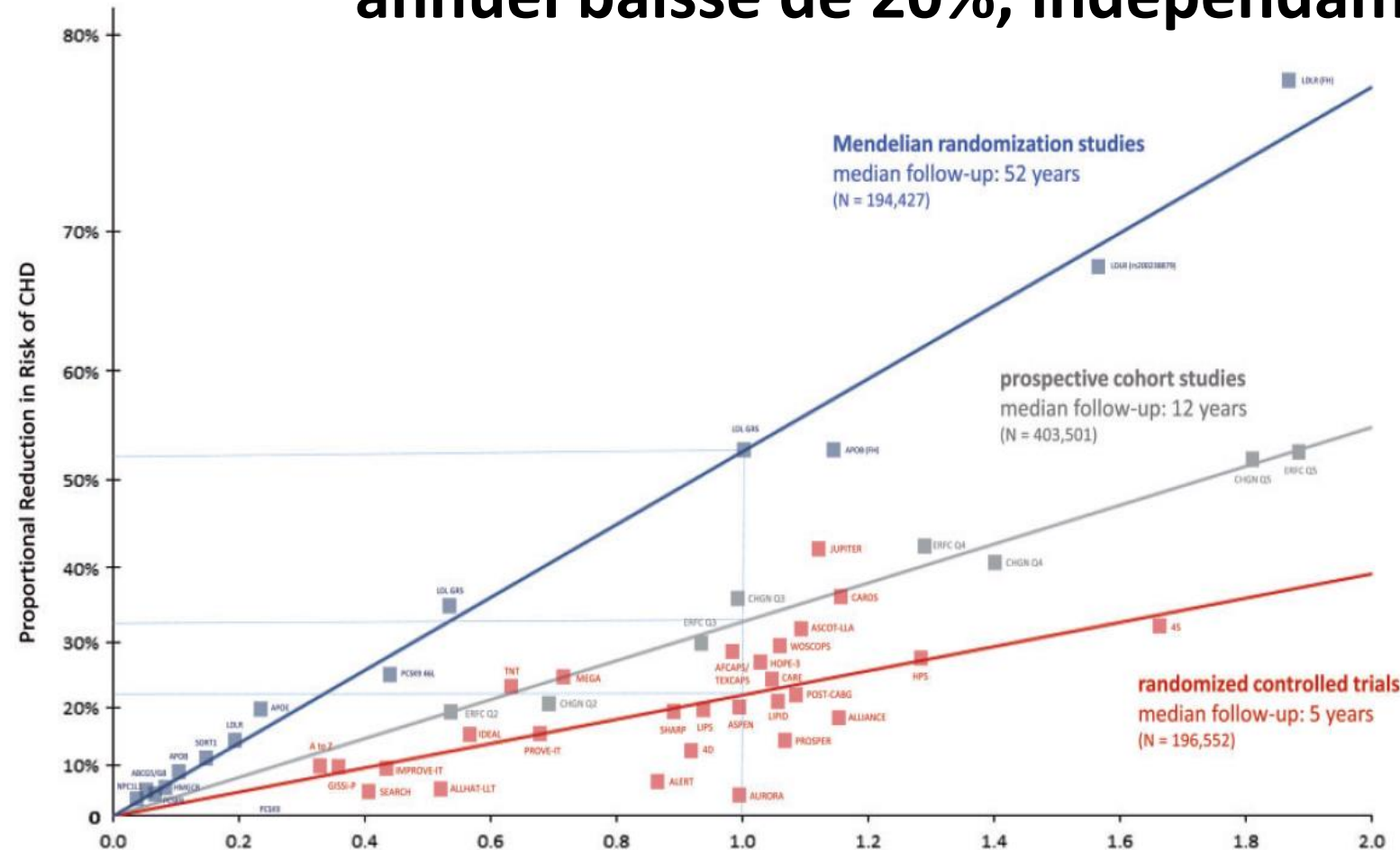


1.4

1.8 → 1.4

POURQUOI
POURQUOI
POURQUOI
POURQUOI
POURQUOI
?????
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Pour chaque réduction de 1 mmol/l du LDL-C, le risque CV annuel baisse de 20%, indépendamment du mécanisme¹⁻⁵



**Conclusion en cas de
LDL-C peu élevé d'origine
pharmacologique:**
réduction d'env. 20% pour
chaque unité (mmol/l)
abaissée

Il existe un lien log-linéaire entre la concentration plasmatique de LDL-C et l'augmentation dose-dépendante des risques de signes d'événements ASCVD

Catégorie de risque	Cible
Risque très élevé	1.4
Risque élevé	1.8
Risque modéré	2.6
Risque faible	3

Patients à très haut risque (1.4 mmol/l) :

1. Patients “ASCVD”
2. Diabétiques “sévères”
3. IRC sévère
4. Hypercholestérolémie familiale
5. Score SCORE >10%



1. Patients “ASCVD”

AtheroSclerotic CardioVascular Disease

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AtheroSclerotic CardioVascular Disease

Documented ASCVD, either **clinical** or **unequivocal on imaging**.

- Previous ACS (MI or unstable angina)
- Stable angina
- Coronary revascularisation (PCI, CABG, and other arterial revascularisation procedures)
- Stroke and TIA
- Peripheral arterial disease.

- Significant plaque on coronary angiography or CT scan (multivessel coronary disease with two major epicardial arteries having >50% stenosis), or on carotid ultrasound

2. Diabétiques “sévéres”

DM with

- target organ damage,
- **or at least three major risk factors**
- **or early onset of T1DM of long duration (>20 years)**

3. IRC sévère

eGFR <30 ml/min

4. Hypercholestérolémie familiale

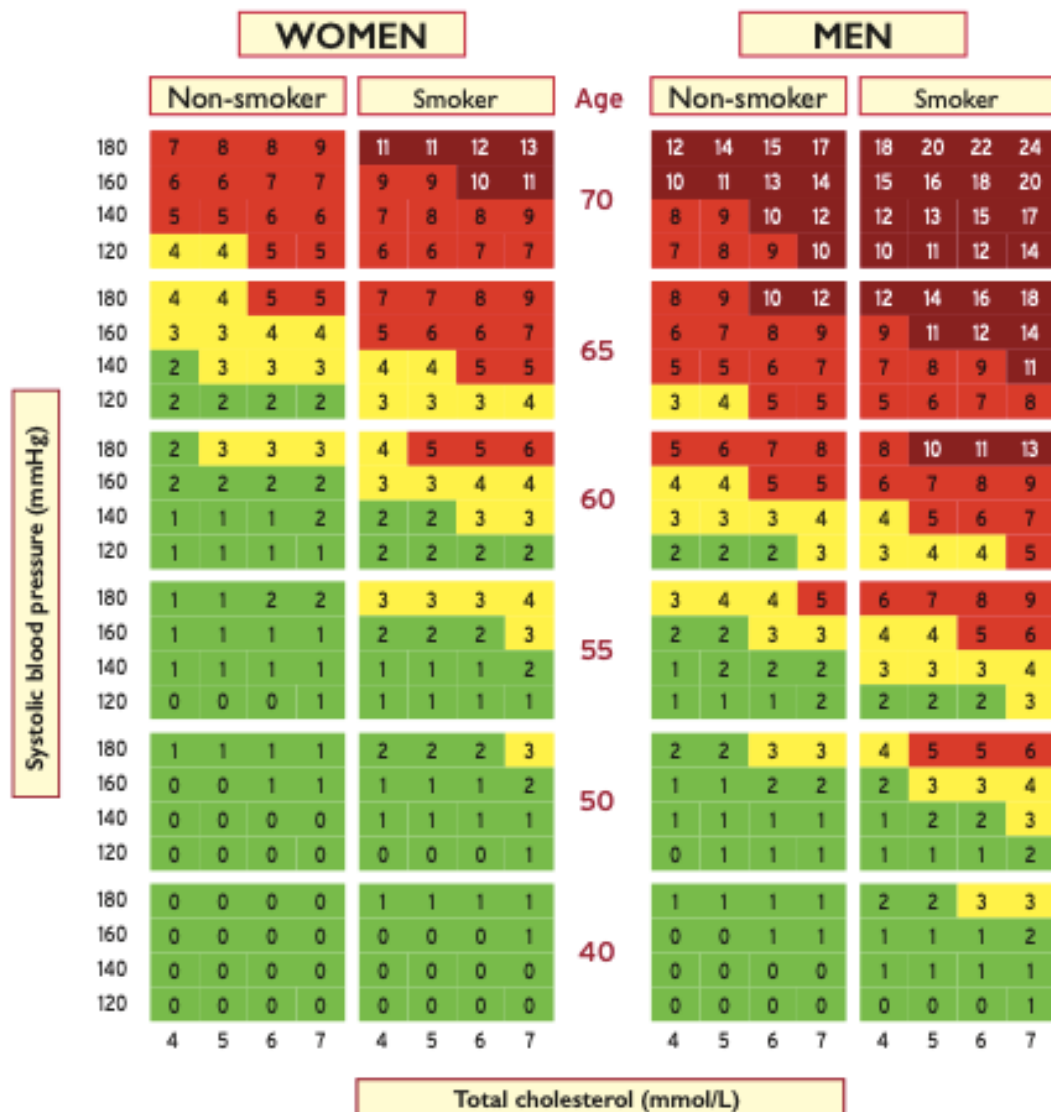
Avec ASCVD ou autre FRCV

5. Score SCORE >10%

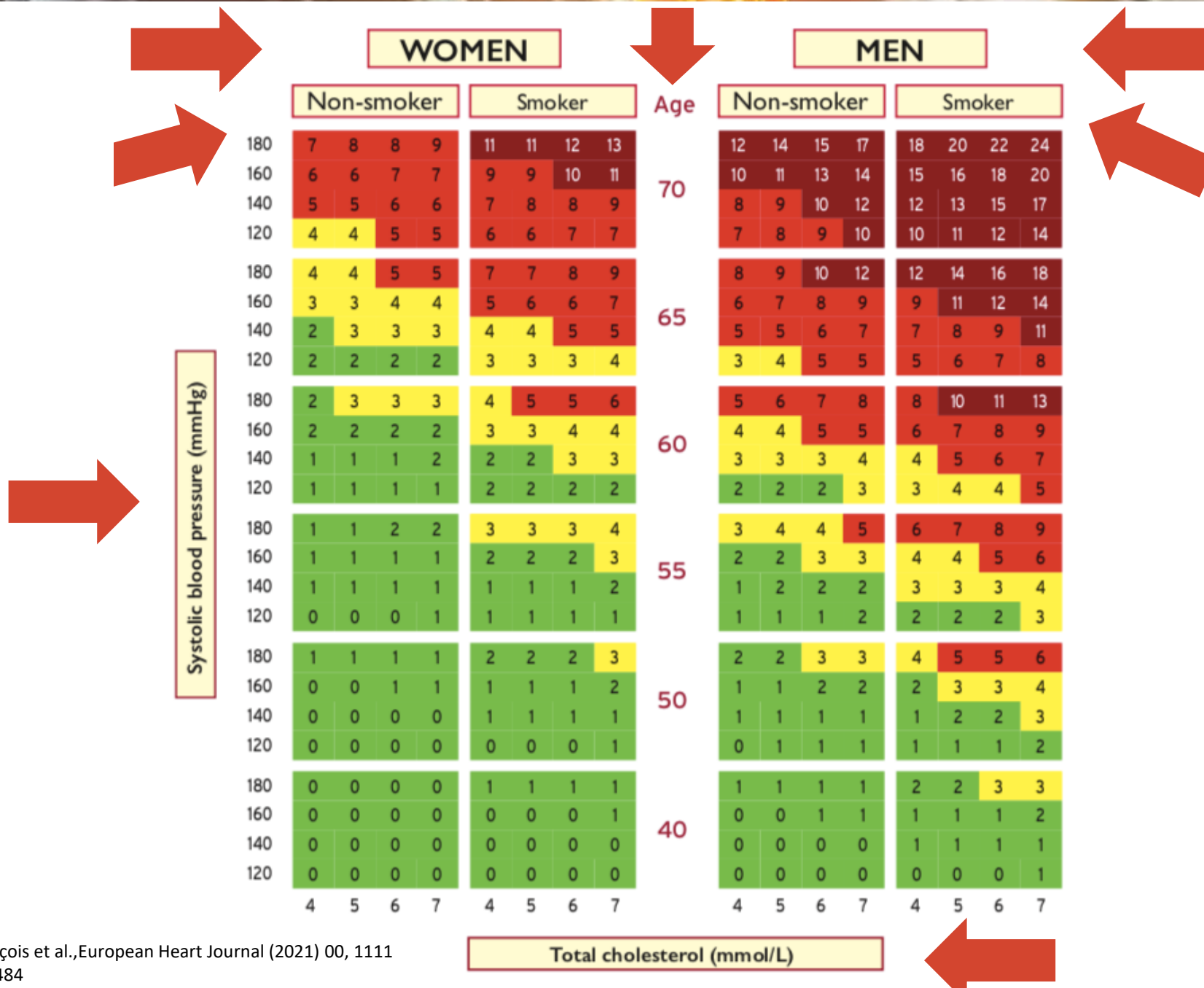
SCORE Cardiovascular Risk Chart

10-year risk of fatal CVD

Low-risk regions of Europe



0 % : LOW RISK
 1-4 % : MODERATE RISK
 5-9% : HIGH RISK
 10-... : VERY HIGH RISK



WOMEN

Non-smoker

Femme
60 ans
~~Fumeuse~~
TA : 140
Chol. : 4

Systolic blood pressure (mmHg)

140

1

4

5

6

7

4

5

6

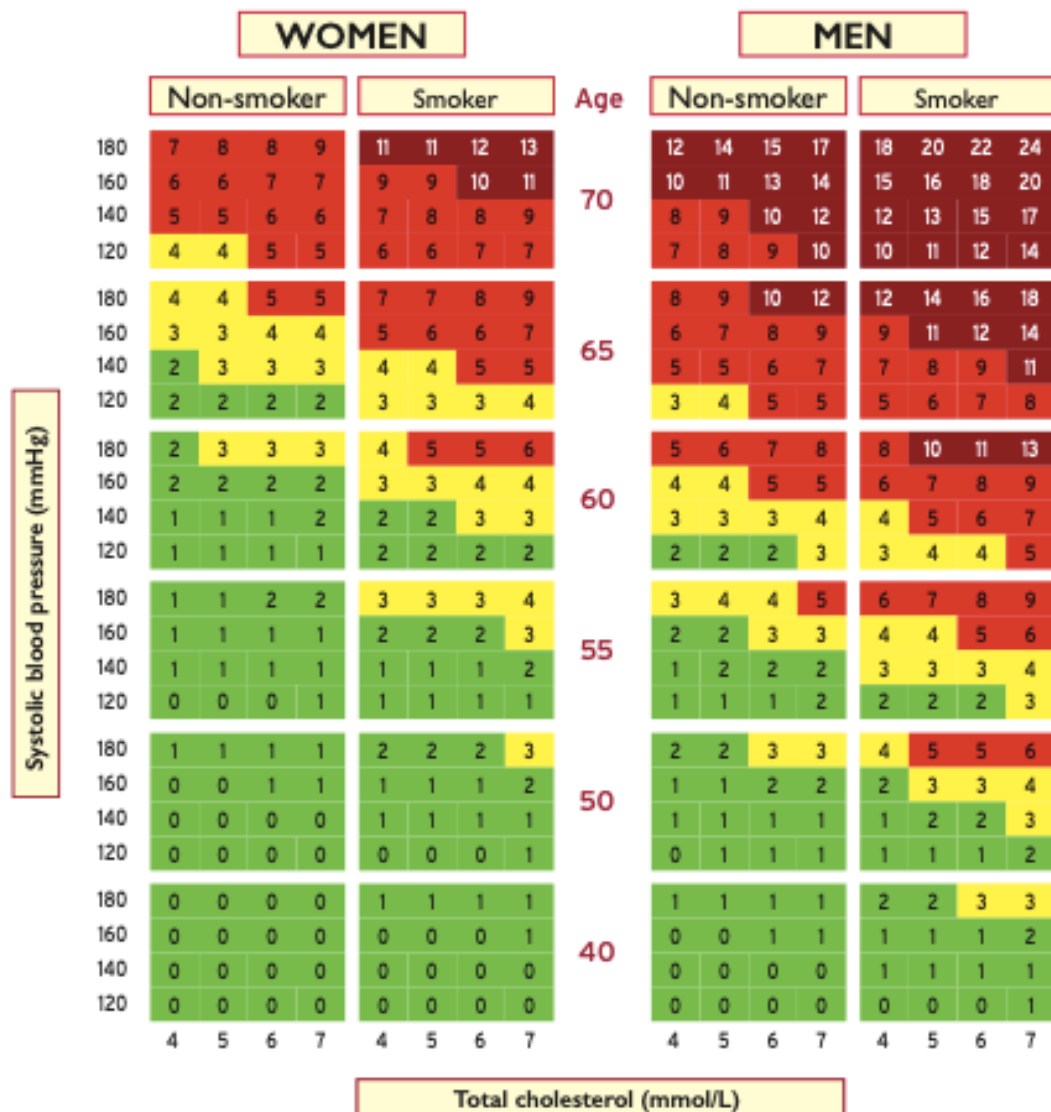
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Total cholesterol (mmol/L)

SCORE Cardiovascular Risk Chart

10-year risk of fatal CVD

Low-risk regions of Europe



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SCORE Cardiovascular Risk Chart 10-year risk of fatal CVD

Low-risk regions of Europe

WOMEN

MEN

Age	Non-smoker	Smoker
70	12 14 15 17 10 11 13 14 8 9 10 12 7 8 9 10	18 20 22 24 15 16 18 20 12 13 15 17 10 11 12 14
65	8 9 10 12 6 7 8 9 5 5 6 7 3 4 5 5	12 14 16 18 9 11 12 14 7 8 9 11 5 6 7 8
60	5 6 7 8 4 4 5 5 3 3 3 4 2 2 2 3	8 10 11 13 6 7 8 9 4 5 6 7 3 4 4 5
55	3 4 4 5 2 2 3 3 1 2 2 2 1 1 1 2	6 7 8 9 4 4 5 6 3 3 3 4 2 2 2 3

0 % : LOW RISK
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10-... : VERY HIGH RISK

Systolic blood pressure (mmHg)

Total cholesterol (mmol/L)

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Les preuves du 1.4 mmol/L

Source of evidence	Mean reduction in LDL cholesterol; mmol/L [mg/dL]	Outcome	RR (95% CI) [per mmol/L]
CTT meta-analysis ¹ (high-intensity vs standard statin; subgroup <2.0 mmol/L)	1.71 [66] vs 1.32 [50]	MI, CHD death, stroke, coronary revascularisation	0.71 (0.56–0.91)
IMPROVE-IT ² (ezetimibe plus statin vs statin)	1.80 [70] vs 1.40 [54]	CV death, MI, stroke, UA, coronary revascularisation	0.94 (0.89–0.99)
FOURIER ³ (evolocumab plus high-dose statin ± ezetimibe vs high-dose statin ± ezetimibe)	2.37 [92] vs 0.78 [30]	CV death, MI, stroke, UA, coronary revascularisation	0.85 (0.79–0.92)
ODYSSEY OUTCOMES ⁴ (alirocumab plus high-dose statin ± ezetimibe vs high-dose statin ± ezetimibe)	2.37 [92] vs 1.37 [53]	MI, CHD death, stroke, UA	0.85 (0.78–0.93)

CHD = coronary heart disease; CV = cardiovascular; MI = myocardial infarction; UA = unstable angina.

1. CTT Collaboration. Lancet 2010;376:1670–81; 2. Cannon CP, et al. N Engl J Med 2015;372:2387–97;

3. Sabatine MS, et al. N Engl J Med 2017;376:1713–22; 4. Schwartz GG, et al. N Engl J Med 2018;379:2097–107

Table 5 Intervention strategies as a function of total cardiovascular risk and untreated low-density lipoprotein cholesterol levels

Total CV risk (SCORE) %		Untreated LDL-C levels					
		<1.4 mmol/L (55 mg/dL)	1.4 to <1.8 mmol/L (55 to <70 mg/dL)	1.8 to <2.6 mmol/L (70 to <100 mg/dL)	2.6 to <3.0 mmol/L (100 to <116 mg/dL)	3.0 to <4.9 mmol/L (116 to <190 mg/dL)	≥4.9 mmol/L (≥190 mg/dL)
Primary prevention	<1 low-risk	Lifestyle advice	Lifestyle advice	Lifestyle advice	Lifestyle advice	Lifestyle intervention, consider adding drug if uncontrolled	Lifestyle intervention and concomitant drug intervention
	Class ^a /Level ^b	I/C	I/C	I/C	I/C	Ila/A	Ila/A
	>1 to <5, or moderate risk (see Table 4)	Lifestyle advice	Lifestyle advice	Lifestyle advice	Lifestyle intervention, consider adding drug if uncontrolled	Lifestyle intervention, consider adding drug if uncontrolled	Lifestyle intervention and concomitant drug intervention
	Class ^a /Level ^b	I/C	I/C	Ila/A	Ila/A	Ila/A	Ila/A
	≥5 to <10, or high-risk (see Table 4)	Lifestyle advice	Lifestyle advice	Lifestyle intervention, consider adding drug if uncontrolled	Lifestyle intervention and concomitant drug intervention	Lifestyle intervention and concomitant drug intervention	Lifestyle intervention and concomitant drug intervention
	Class ^a /Level ^b	Ila/A	Ila/A	Ila/A	I/A	I/A	I/A
	>10, or at very-high risk due to a risk condition (see Table 4)	Lifestyle advice	Lifestyle intervention, consider adding drug if uncontrolled	Lifestyle intervention and concomitant drug intervention	Lifestyle intervention and concomitant drug intervention	Lifestyle intervention and concomitant drug intervention	Lifestyle intervention and concomitant drug intervention
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Table 5 Intervention strategies as a function of total cardiovascular risk and untreated low-density lipoprotein cholesterol levels

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Primary prevention	<1, low-risk	Lifestyle advice	Lifestyle advice	Lifestyle advice	Lifestyle advice
	1 to <5, low-to-intermediate risk	Lifestyle advice	Lifestyle advice	Lifestyle advice	Lifestyle advice
Secondary prevention	<5, low-to-intermediate risk	Lifestyle advice	Lifestyle advice	Lifestyle advice	Lifestyle advice
	≥5, high-risk	Lifestyle advice	Lifestyle advice	Lifestyle advice	Lifestyle advice

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Table 5 Intervention strategies as a function of total cardiovascular risk and untreated low-density lipoprotein cholesterol levels

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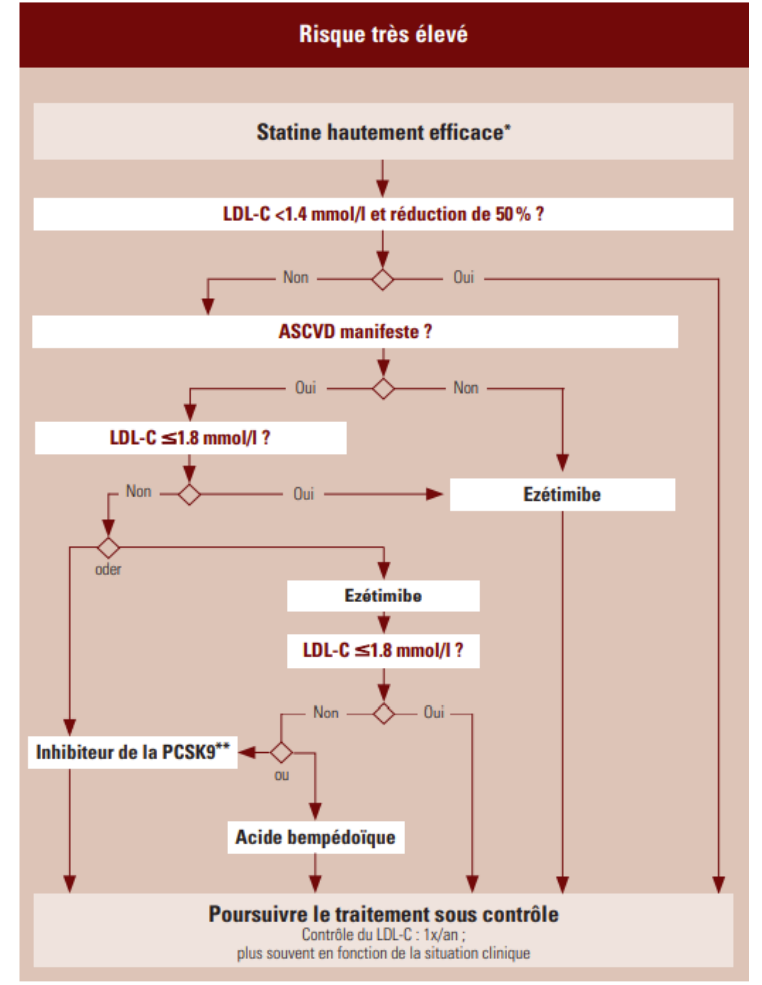
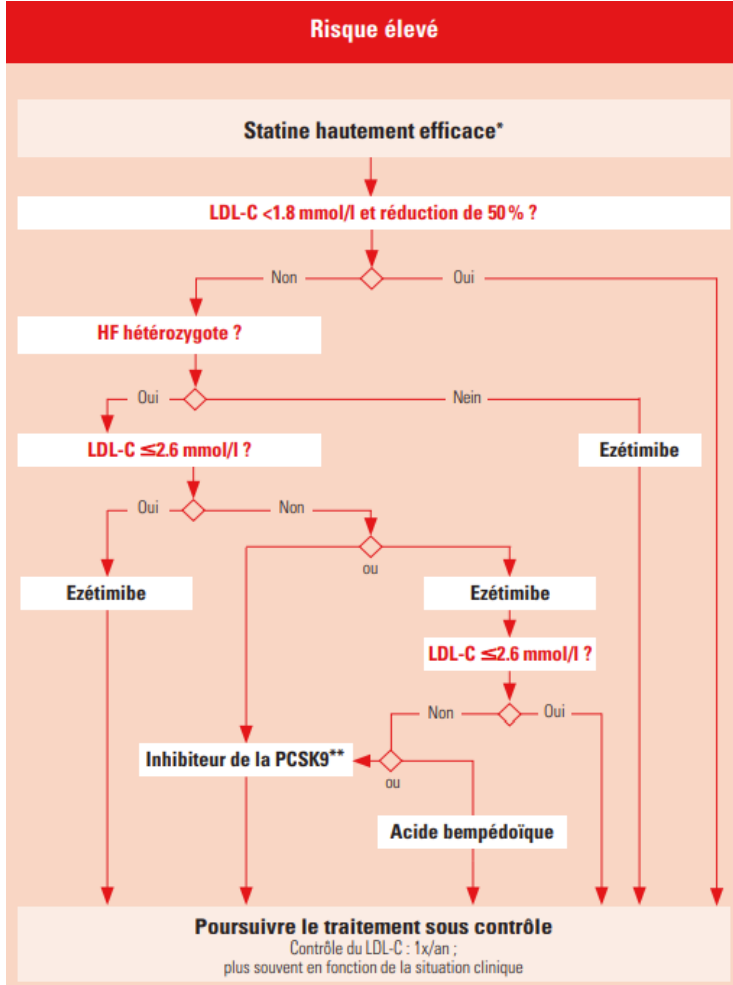
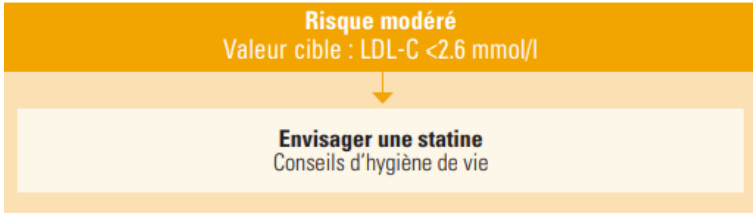
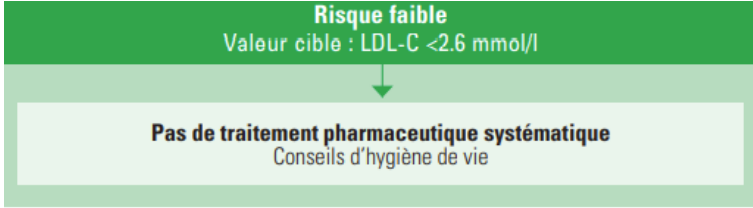
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GSLA 2023: stratégies de traitement



*Rosuvastatine, pitavastatine, atorvastatine

**Evolocumab, alirocumab, inclisiran

Programme

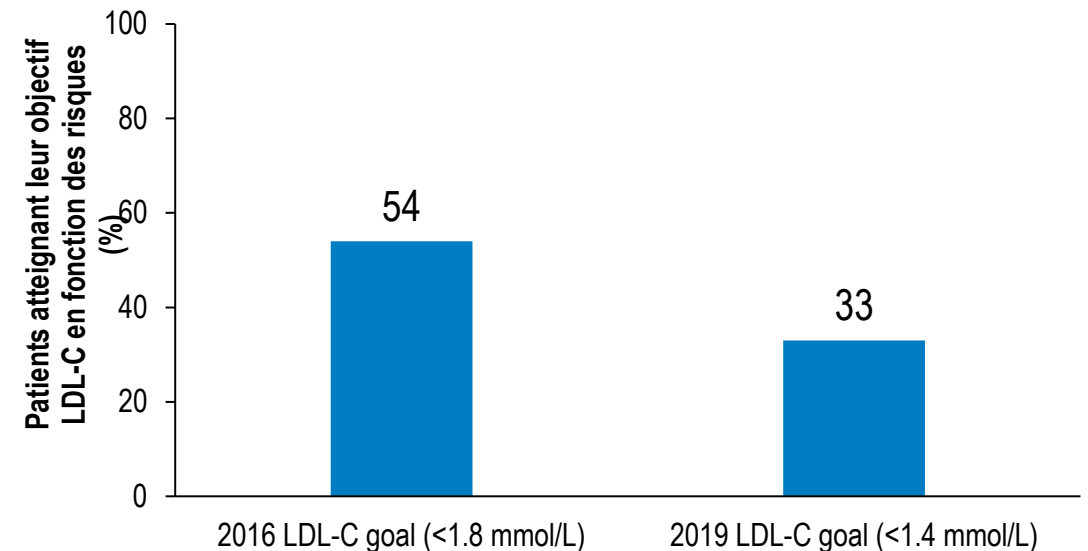
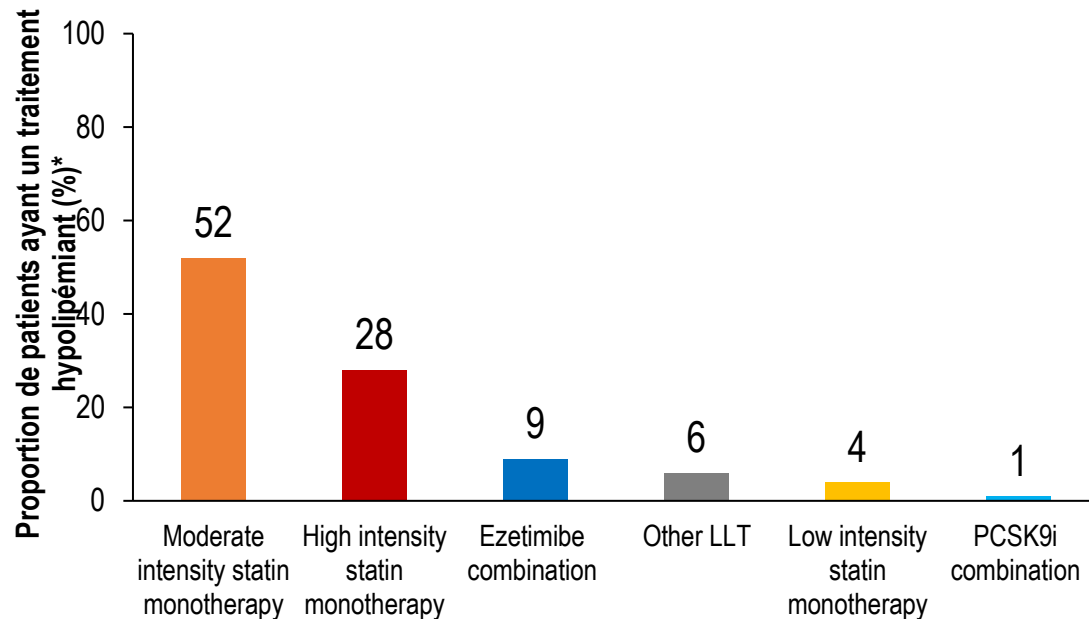
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- 4. Y parvient-on ?**
5. Avec quelles armes (→2021) ?

DAVINCI: décrit la mise en œuvre des recommandations européennes pour les traitements hypolipémiant¹



Seuls 28% des patients ont reçu de fortes doses de statines en monothérapie, 9% une association avec l'ézétimibe, 1% une association de PCSK9i

Seuls 33% des patients ont atteint les valeurs cibles de LDL-C ESC 2019 avec une plus faible probabilité d'atteindre l'objectif en cas de risque élevé



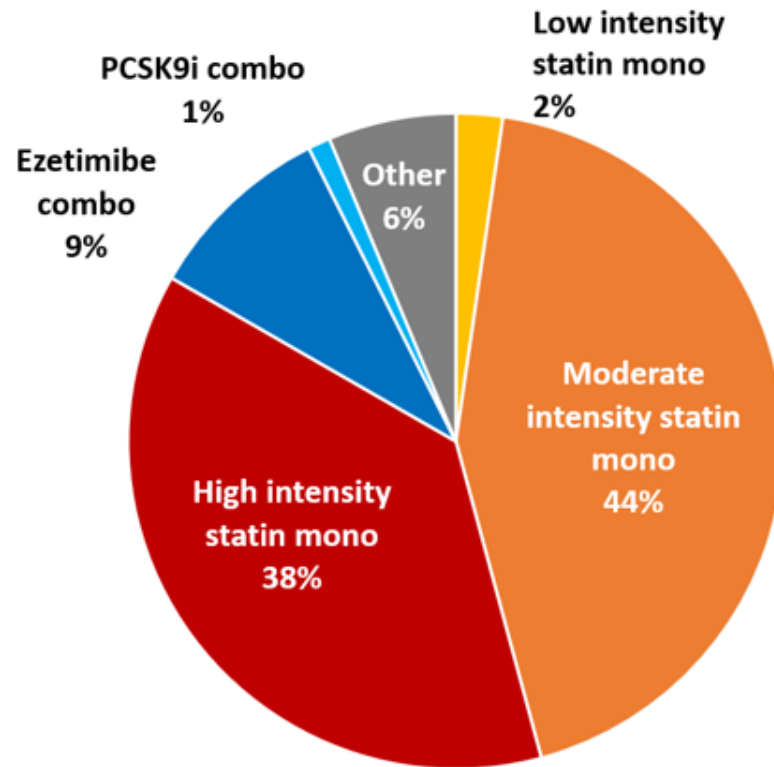
La mise en place des directives 2019 va nécessiter un changement dans les pratiques, en particulier chez les patients à très haut risque, ainsi que le recours à des traitements combinés.

DAVINCI – Mise à jour Congrès ESC 2020: Étude observationnelle longitudinale menée en Europe sur le traitement hypolipémiant proposé dans les soins primaires et secondaires. Cette étude incluait 5888 patients recevant un traitement hypolipémiant en soins primaires (n = 3000) et en soins secondaires (n = 2888) dans 18 pays de l'UE et sur 128 sites. LDL-C = cholestérol des lipoprotéines de faible densité

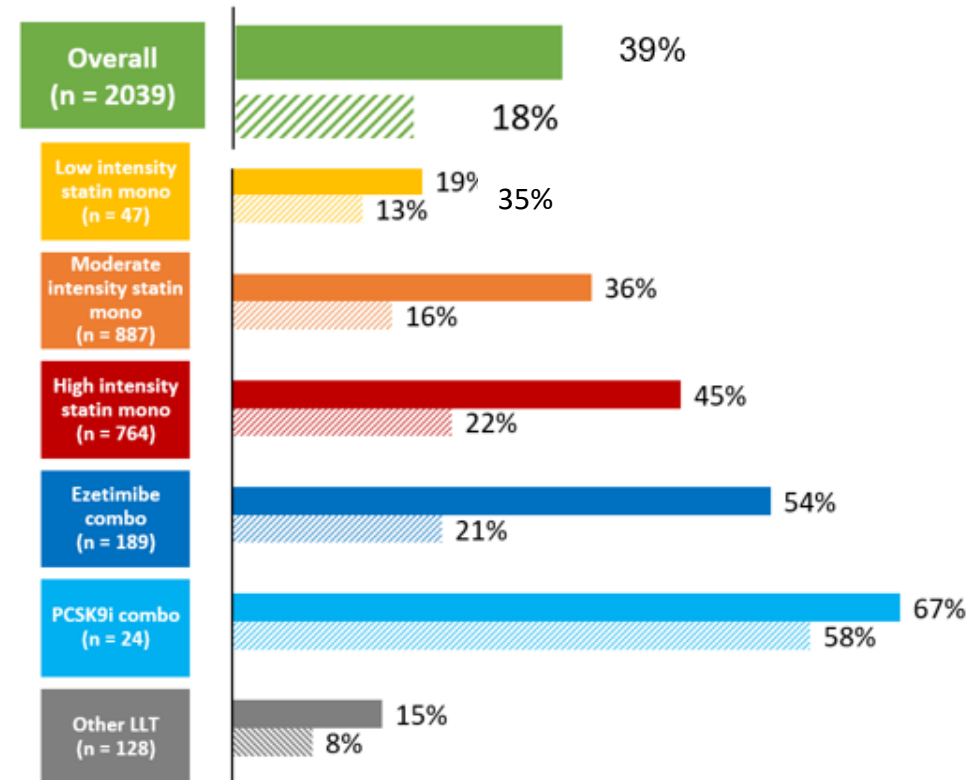
1. Ray KK et al., EU-Wide Cross-Sectional Observational Study of Lipid-Modifying Therapy Use in Secondary and Primary Care: the DAVINCI study. *European Journal of Preventive Cardiology* 2020

DAVINCI: parmi les patients à très haut risque avec ASCVD avérée, l'objectif était plus souvent atteint chez ceux qui bénéficiaient d'un traitement combiné

LLT use among patients with established ASCVD



2016/2019 goal attainment in patients with established ASCVD

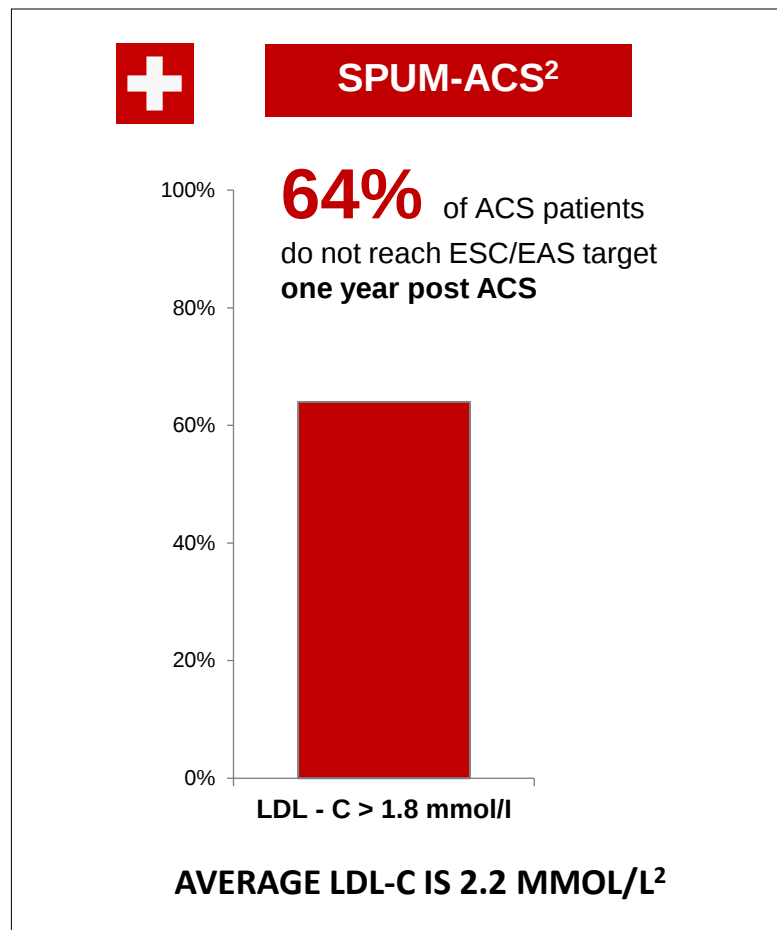
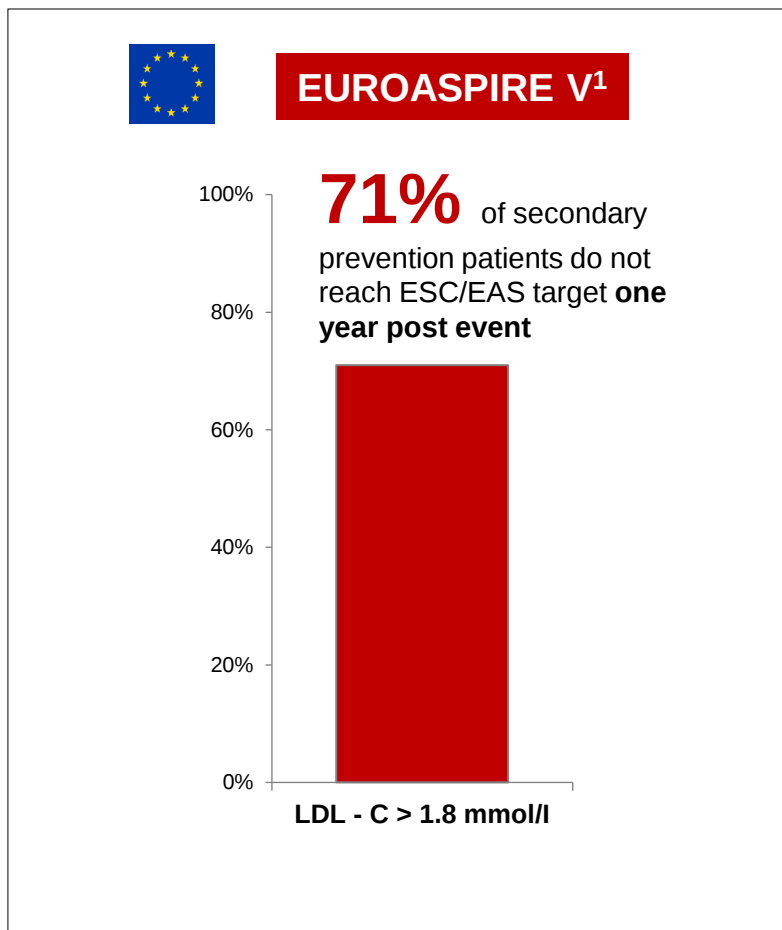


Chez les patients à très haut risque, l'objectif 2019 de 1,4 mmol/l a été atteint pour environ la moitié d'entre eux comparé à 2016 (18% vs 39%).

DAVINCI – Mise à jour
Congrès ESC 2020: Étude
observationnelle
longitudinale menée en
Europe sur le traitement
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Cardiology* 2020
doi:10.1093/eurjpc/zwaa0
47

LDL-C target* achievement of very high-risk CV patients is insufficient¹⁻²



In Switzerland two thirds of post-ACS patients do not reach the ESC/EAS 2016 target.

1. De Backer G, EAS2018 Late Breaking Clinical Trial Online May 8, 2018: <https://www.eas-society.org/news/399857/EAS2018-Late-Breaking-Clinical-Trial-EUROASPIRE-V.htm>

2. Gencer, Koskinas et al. J Am Heart Association 2017;6:e006537. Data from SPUM-ACS: A prospective, multi-center cohort study of consecutive patients hospitalized with ACS in Switzerland. *If target defined as <1.8 mmol/L. SPUM-ACS = Special Program University Medicine-Acute Coronary Syndromes / Participating academic centers from Switzerland: Bern, Geneva, Lausanne, and Zurich. EUROASPIRE = Survey in secondary prevention (1 year post-index event); EUROASPIRE VI: N=7998, year 2012–2013. EUROASPIRE V: N=8261, year 2016. ACS = Acute Coronary Syndrome; SPUM-ACS = (Special Program University Medicine-Acute Coronary Syndromes).

Programme

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5. **Avec quelles armes (→2021) ?**

«Puissance» du traitement

Intensity of lipid lowering treatment

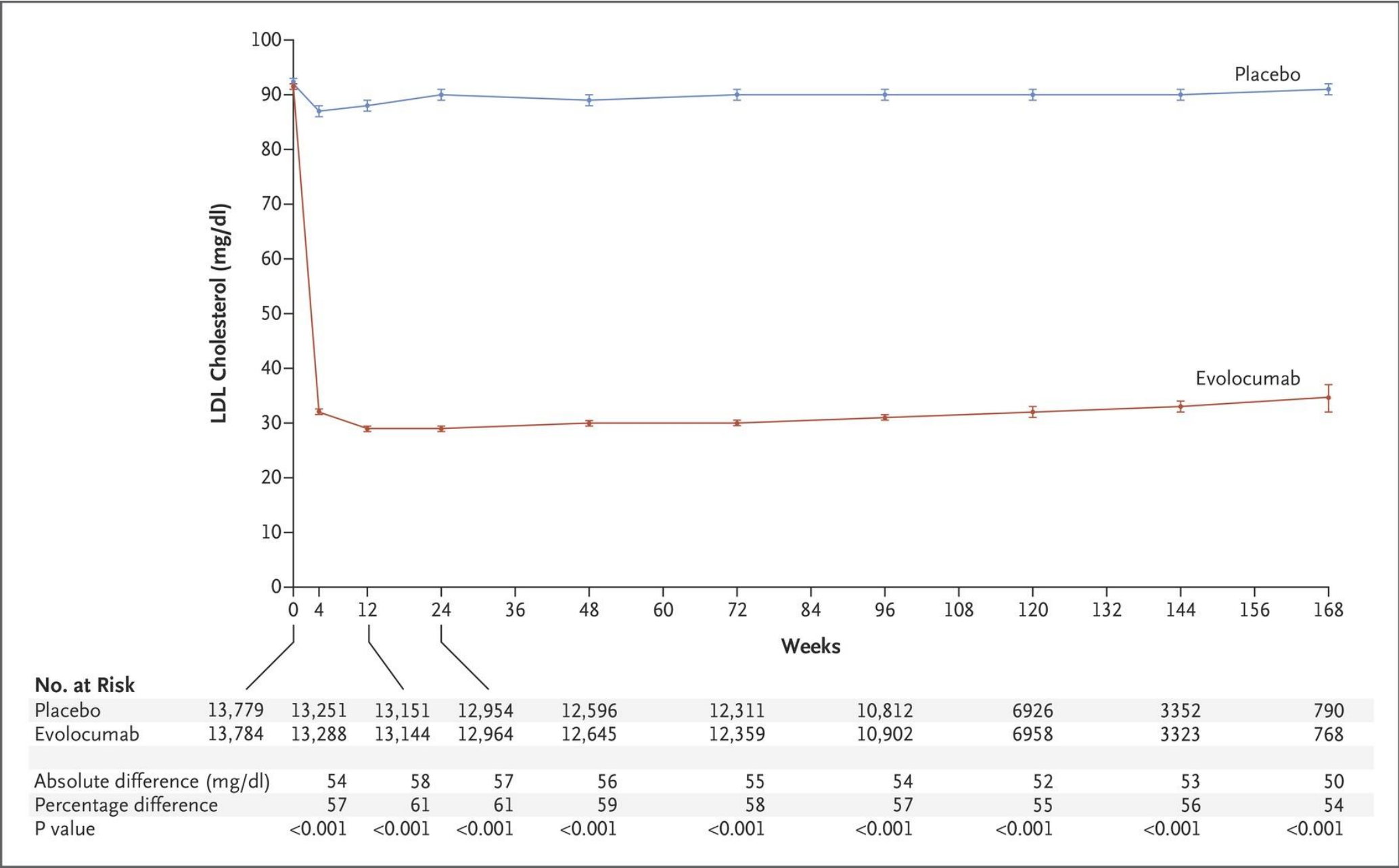
Treatment	Average LDL-C reduction
Moderate intensity statin	≈ 30%
High intensity statin	≈ 50%
High intensity statin plus ezetimibe	≈ 65%
PCSK9 inhibitor	≈ 60%
PCSK9 inhibitor plus high intensity statin	≈ 75%
PCSK9 inhibitor plus high intensity statin plus ezetimibe	≈ 85%

+ Inclisiran

+ Acide Bembedoïque

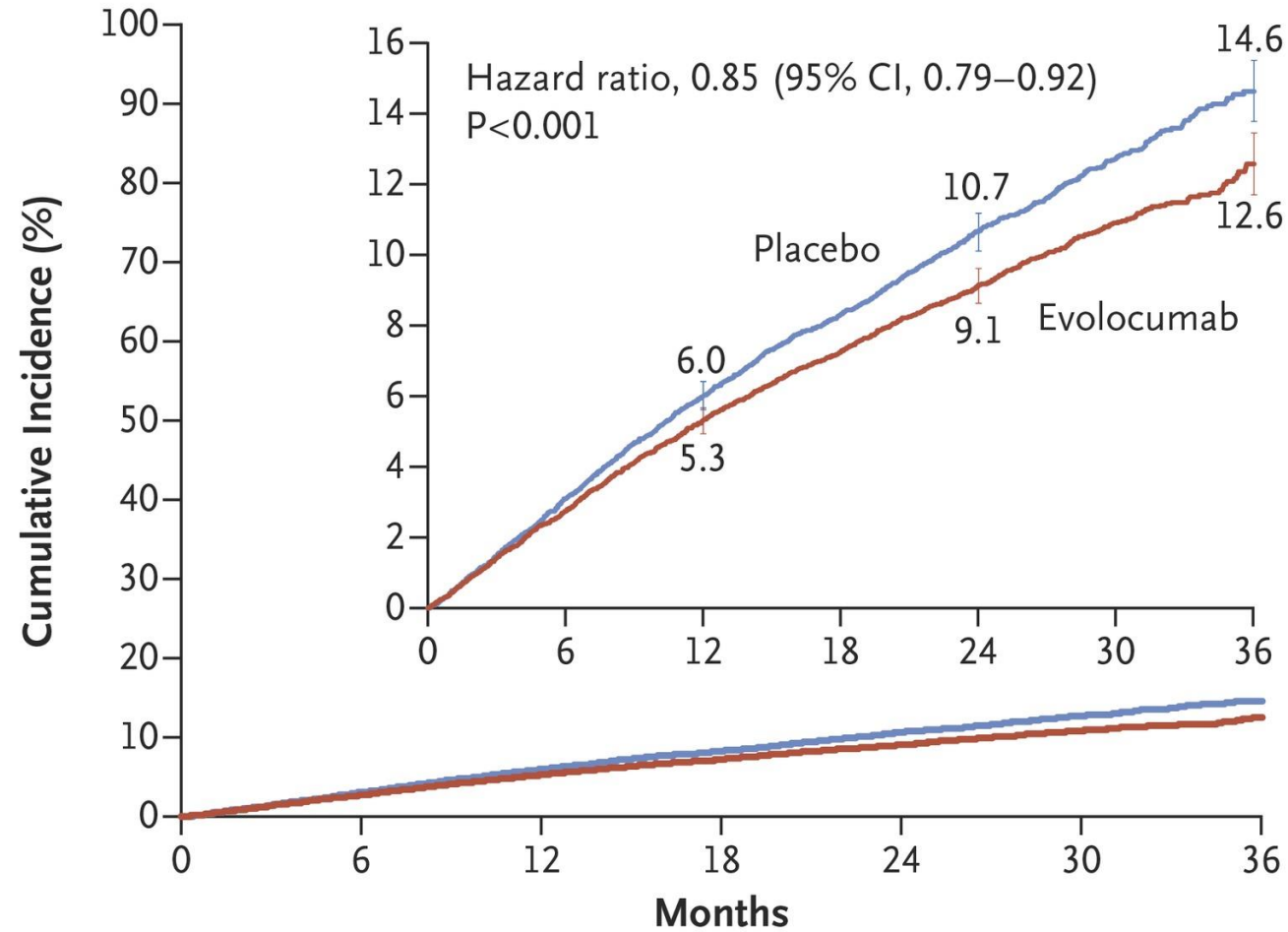
Anti PCSK9 :

- Evolocumab**
- Alirocumab**



Study duration 2.2. years. Baseline statin use 99%. ARR, absolute risk reduction, CV, cardiovascular; LDL-C, low-density lipoprotein cholesterol; MI, myocardial infarction. RRR, relative risk reduction. Sabatine MS, et al. N Engl J Med 2017;376:1713–22.

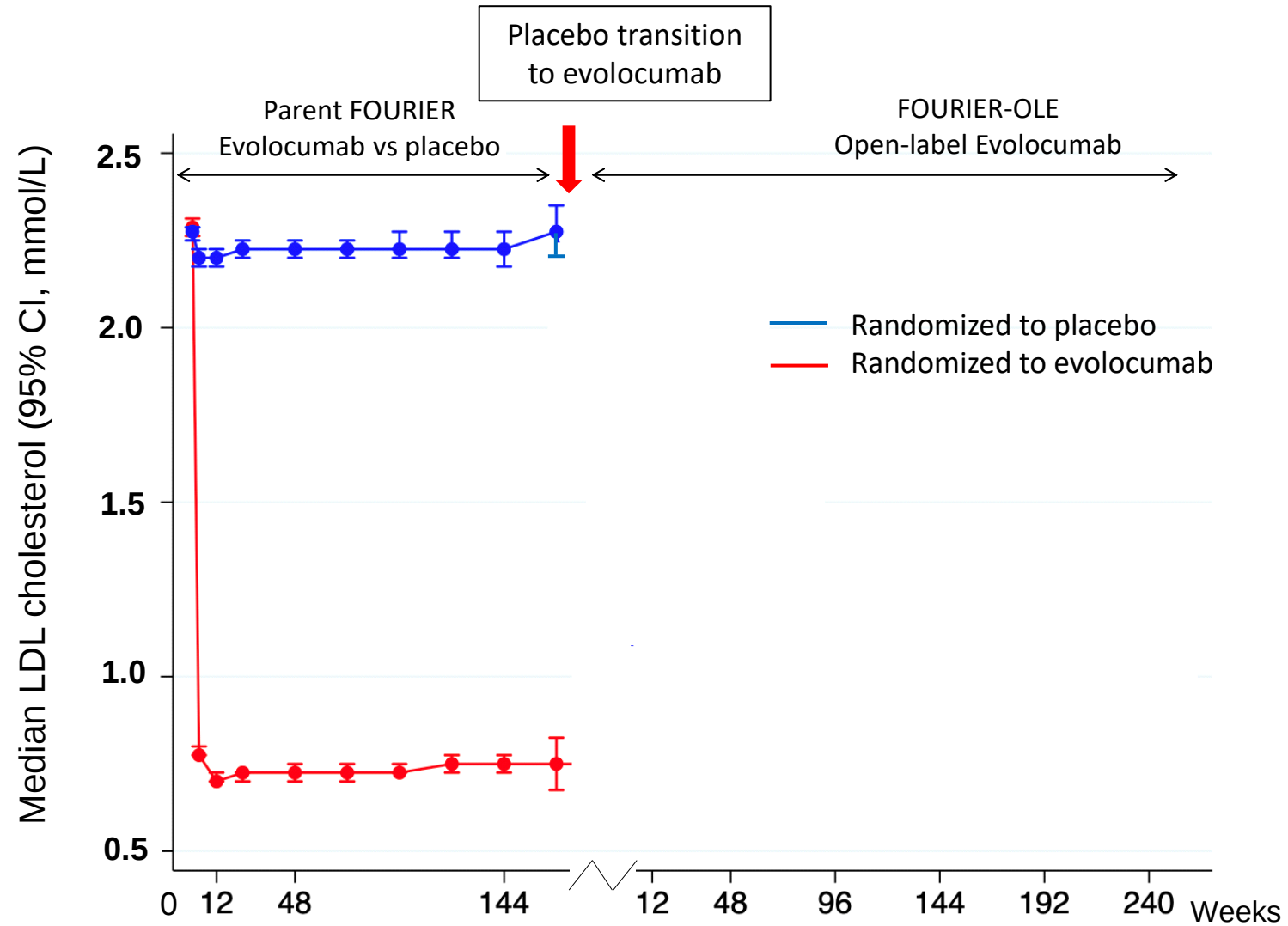
A Primary Efficacy End Point

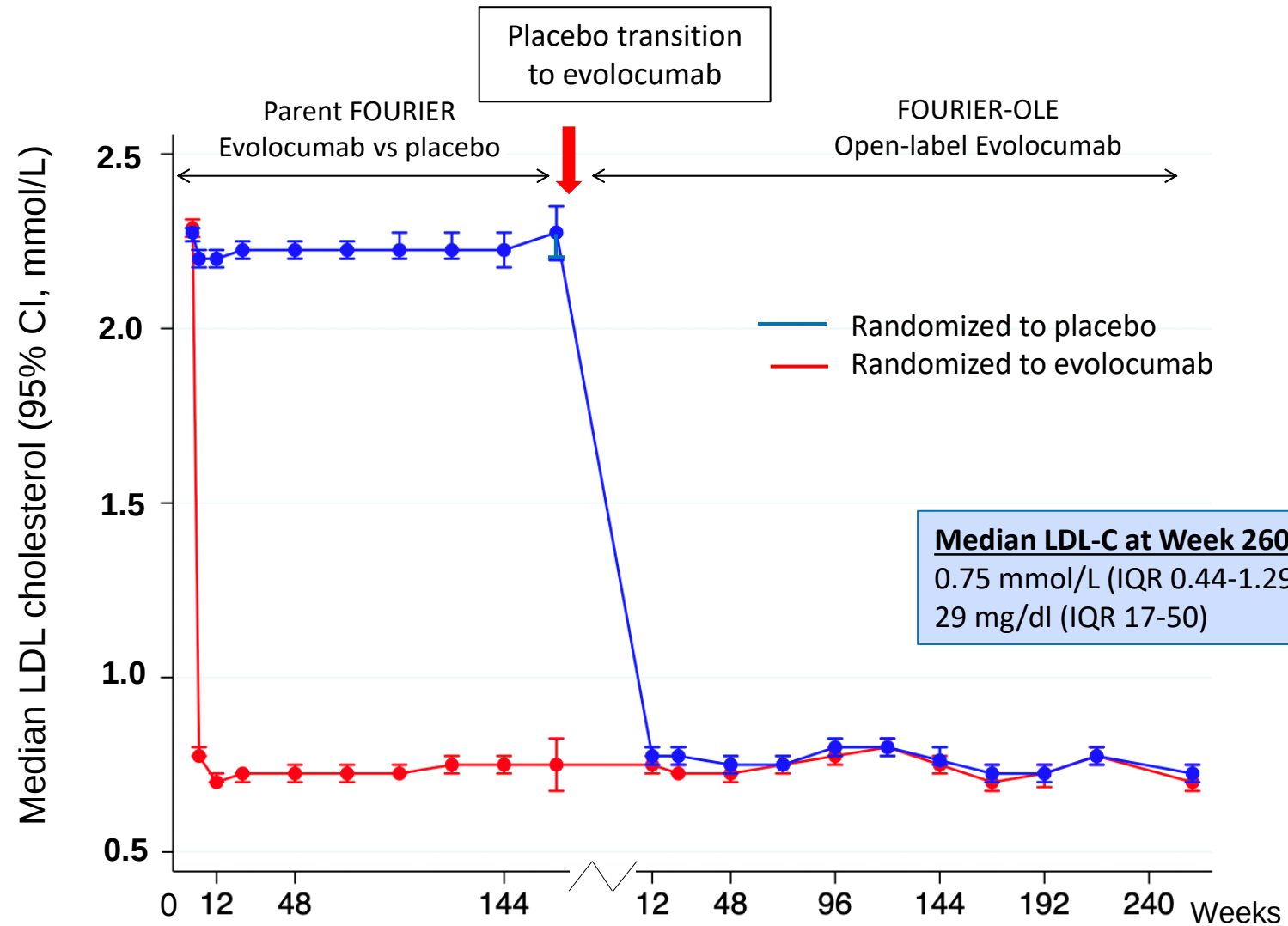


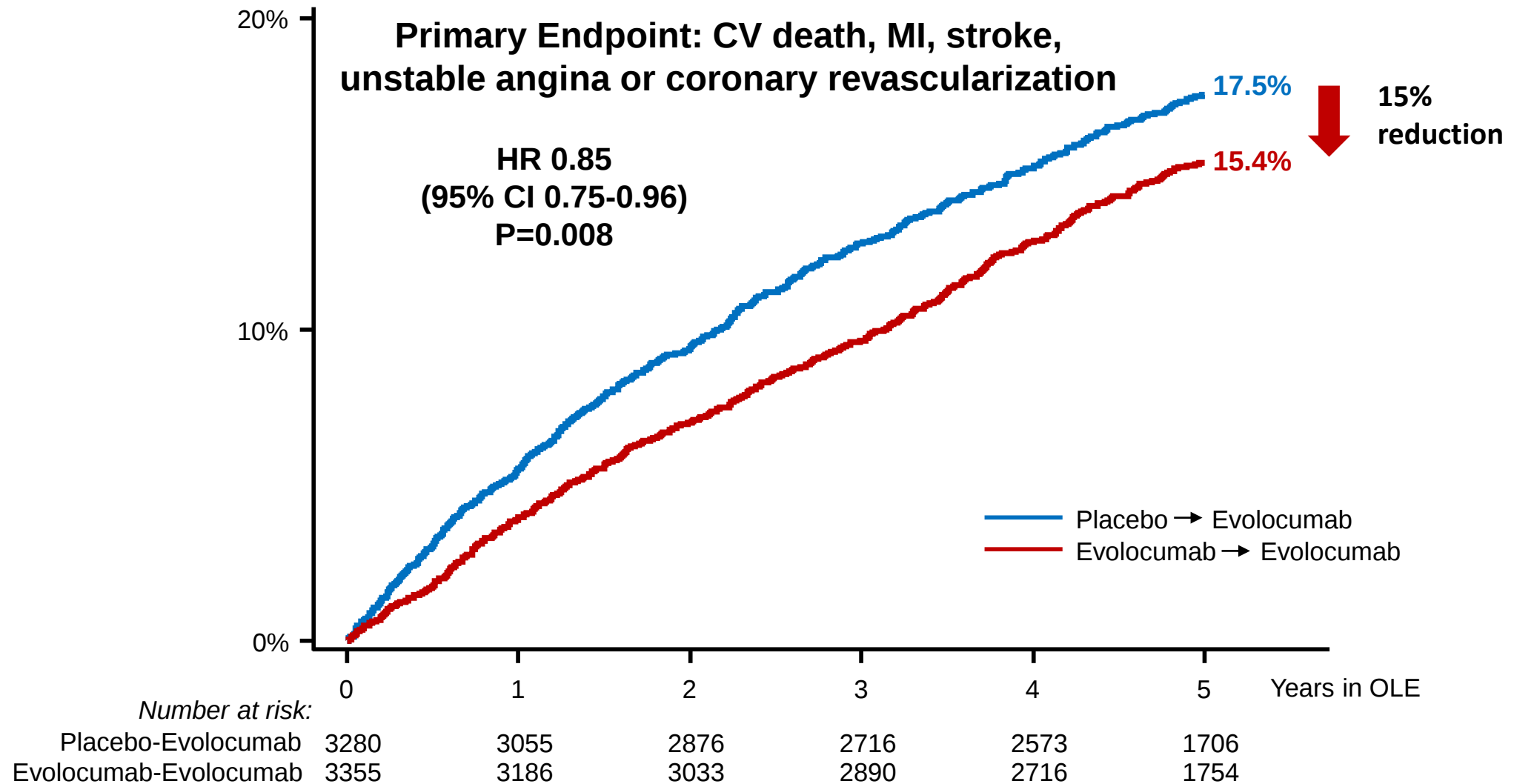
No. at Risk

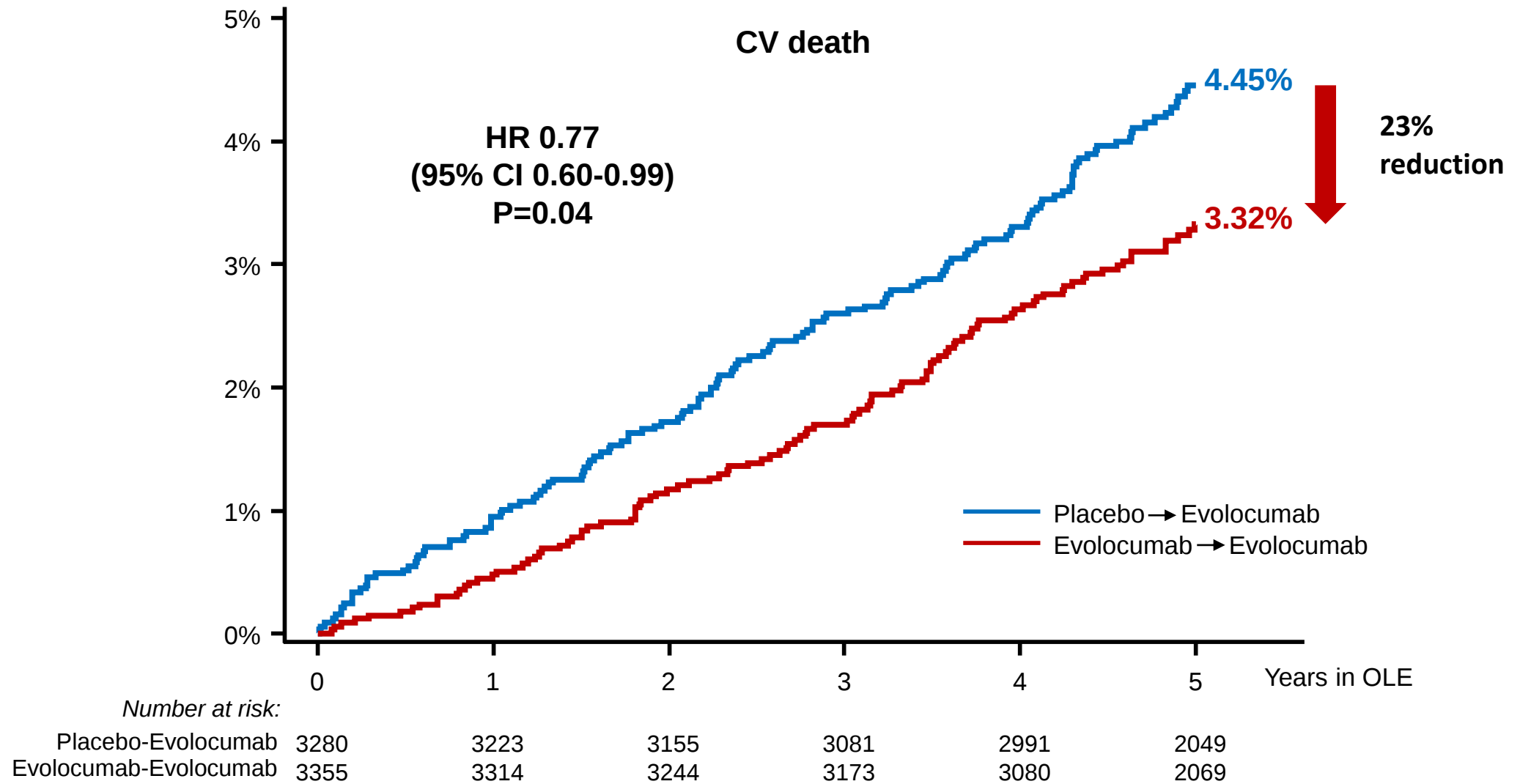
Placebo	13,780	13,278	12,825	11,871	7610	3690	686
Evolocumab	13,784	13,351	12,939	12,070	7771	3746	689

Study duration 2.2. years. Baseline statin use 99%. ARR, absolute risk reduction, CV, cardiovascular; LDL-C, low-density lipoprotein cholesterol; MI, myocardial infarction. RRR, relative risk reduction. Sabatine MS, et al. N Engl J Med 2017;376:1713–22.



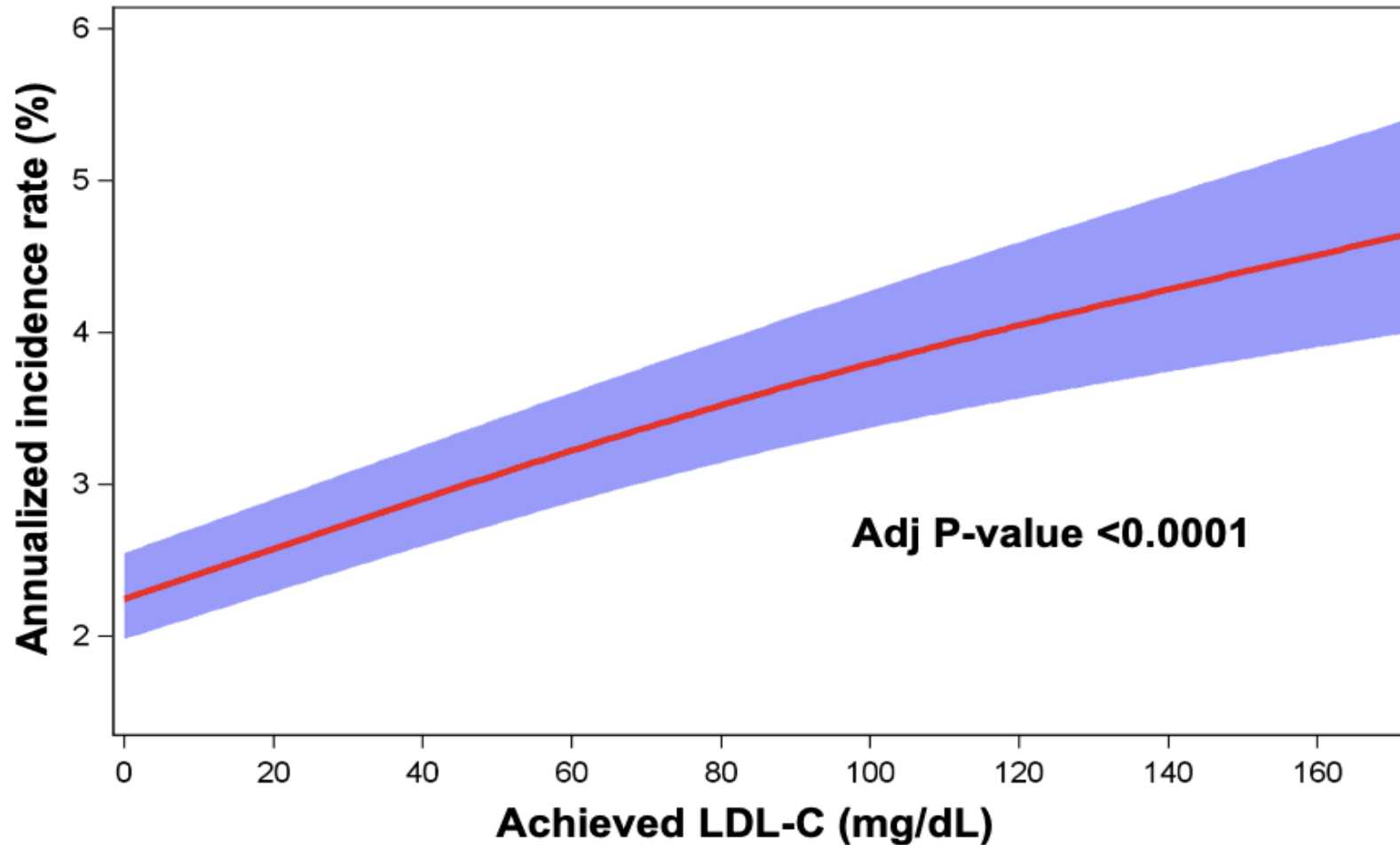


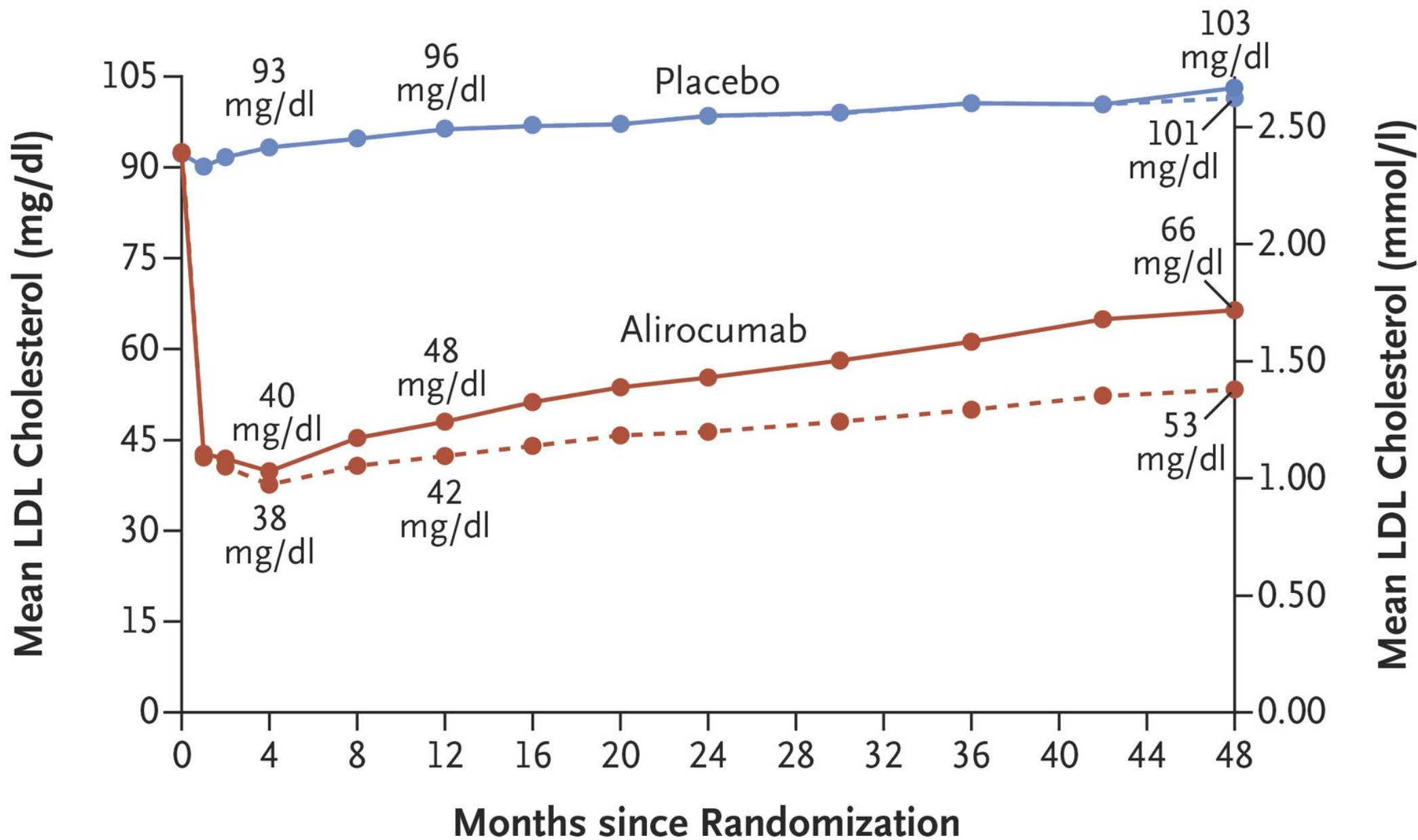


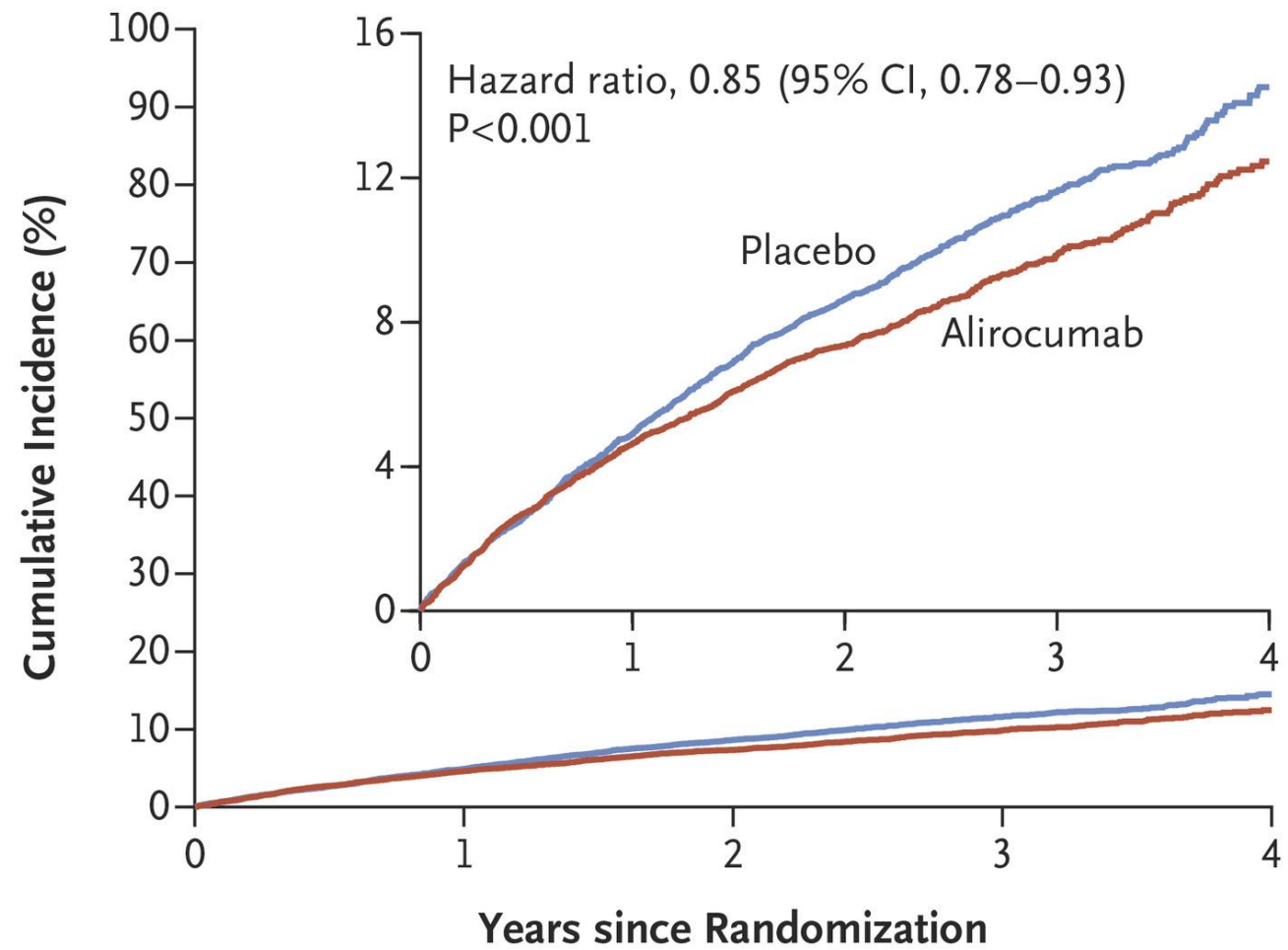


CV Outcomes and Achieved LDL-C

Key secondary endpoint: CV death, MI, or stroke







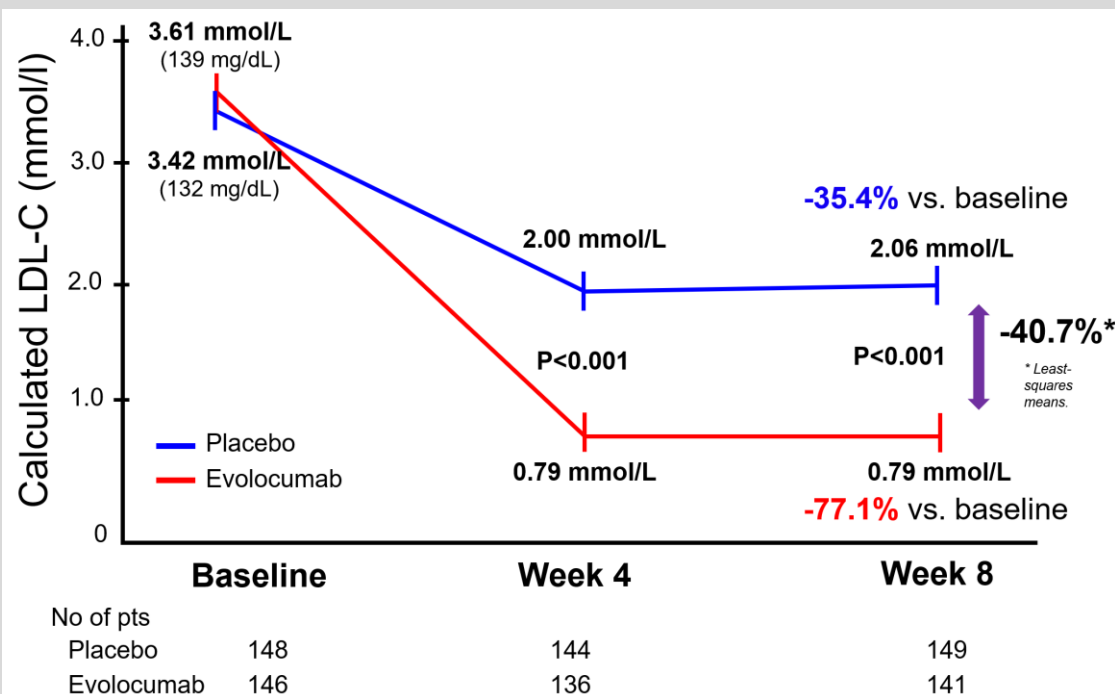
No. at Risk

Placebo	9462	8805	8201	3471	629
Alirocumab	9462	8846	8345	3574	653

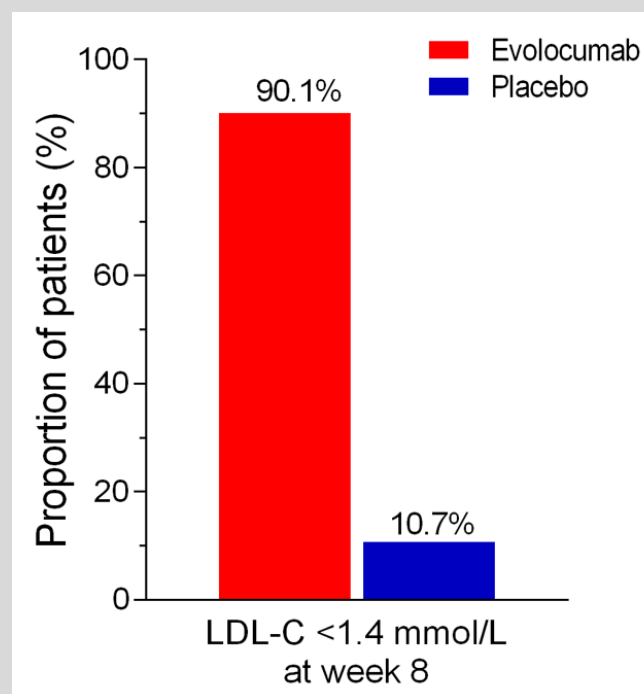
Le traitement reçu dans un contexte de SCA montre que l'évolocumab permet d'atteindre l'objectif LDL-C de 1,4 mmol/l à >90%¹



Critère d'évaluation principal: % de variation du LDL-C à 8 semaines¹

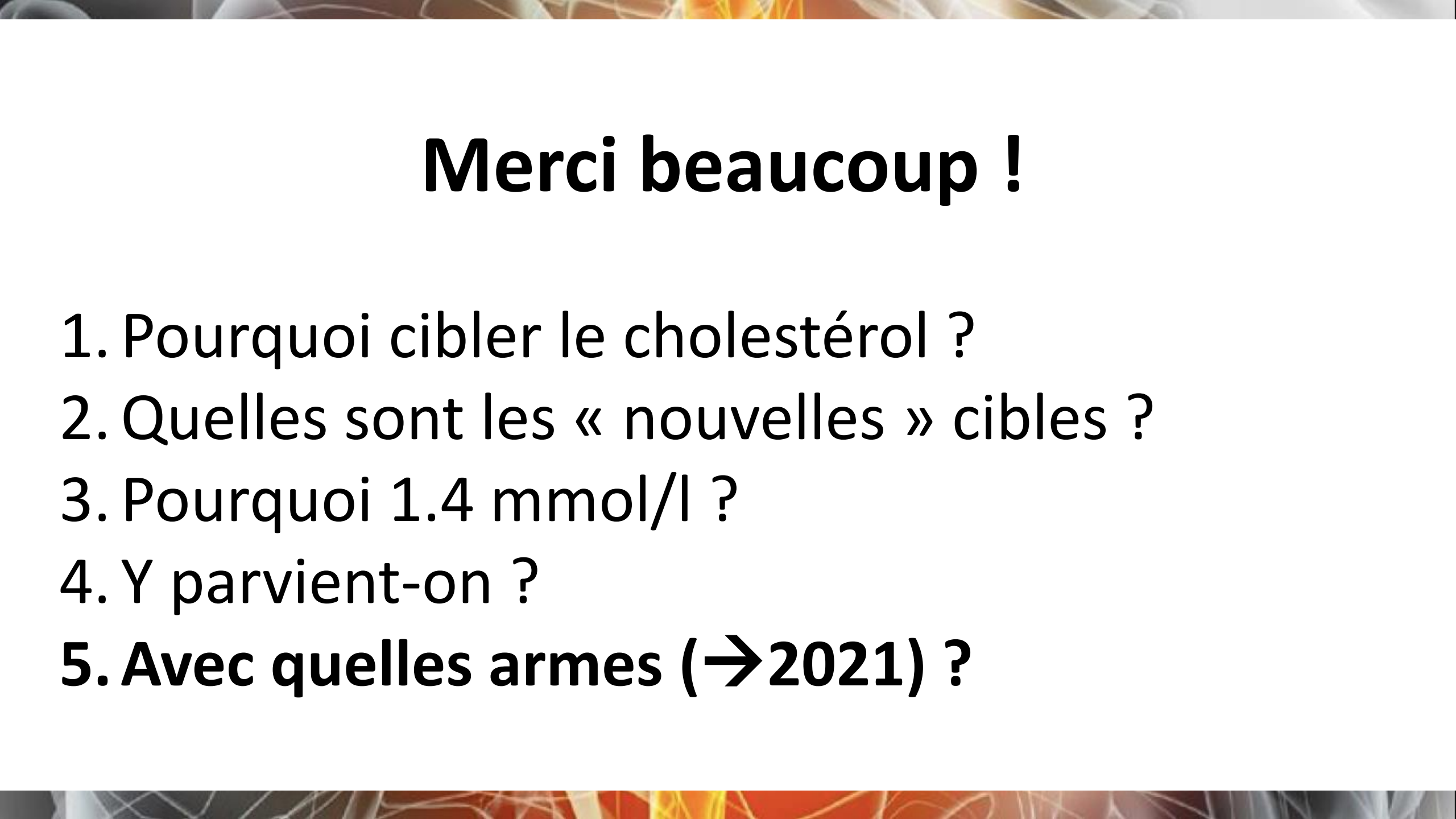


Cible LDL-C < 1,4 mmol/l^{1,2}



L'évolocumab utilisé pour la réduction précoce des taux de LDL-C chez les patients atteints de SCA (EVOPACS). n = 308. Étude multicentrique, randomisée, en double aveugle et contrôlée contre placebo. Sites de l'étude: Berne, Genève, Lugano, Bâle, Fribourg, Zürich, Lausanne. Conception de l'étude: évolocumab SC 420mg + atorvastatine 40mg QD comparé au placebo SC + atorvastatine 40mg QD. Patients avec ACS STEMI <24 h ou NSTEMI-ACS <72 h. LDL-C au screening: > 1,8 mmol/l avec statines hautement dosées; > 2,3 mmol/l avec statines faiblement à modérément dosées; > 3,2 mmol/l sans statines. Intensité du traitement par statine en début d'étude (LDL-C): aucune statine 78% (3,7 mmol/l), statines faiblement à modérément dosées 11% (2,9 mmol/l), statines hautement dosées (atorva). ≥40mg; rosuva. ≥ 20mg; simva. 80mg) 10% (2,3 mmol/l).

1. Koskinas KC, et al. Evolocumab for Early Reduction of LDL Cholesterol Levels in Patients With Acute Coronary Syndromes (EVOPACS). J Am Coll Cardiol. 2019 Nov 19;74(20):2452-2462.; 2. ESC/EAS 2019 Dyslipidemia Guidelines Mach F, et al. Eur Heart J 2019.



Merci beaucoup !

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