Intensive Management of Dyslipidemia in Patients with Peripheral Artery Disease Including Their Families in Primary Care, 2014-2016

Czech Society for Atherosclerosis, Czech Society of Angiology, Forum for Healthy Nutrition

About project

Project Objectives

- Establish sustained cooperation between experts
  - Practitioners, angiologists, lipidologists, professional nutritionists

- Improve Care of patients with PAD
  - Individual education regime and verifying its effect
    - Personal consultation
    - Possibility of consultations during the project – by phone, email
    - Education materials and other aids

- Instruction for systematic patient care
- 30 practitioners – 300 patients – 600 family members

Project Summary
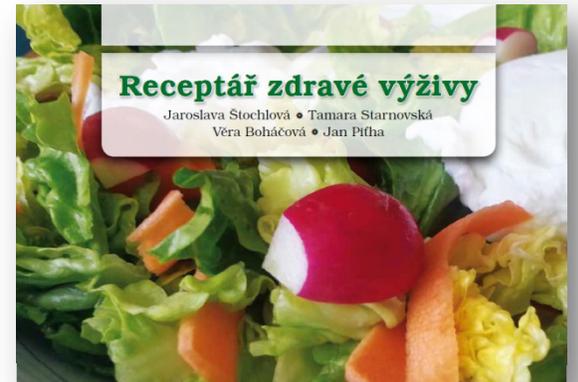
Project Results – important regime changes

☺ Reduce consumption of butter and lard
☺ Preference vegetable oils and other fats contain more unsaturated fatty acids
☺ Reduce consumption of sausages and other meat products
☺ Higher consumption of vegetable and fruit
☺ Reduce frequency of consumption of fried food
☺ Reduce consumption of cakes and sweets
☺ Reduce consumption of sweetened drinks
☺ Increasing physical activity (also thanks to pedometers)

☹ Unreduced smoking
☹ Persists irregular meals
☹ Not reduced consumption of high fat dairy products

Project Summary

Project Results

The main changes in the whole group of patients:

- statistically significant or borderline significant changes in:

  - Decrease in total cholesterol from 5,23 mmol/l to 4,53 mmol/l (p = 0,09)
  - Decrease in LDL cholesterol from 3,15 mmol/l to 2,55 mmol/l (p = 0,016)
  - Significant decrease in LDL cholesterol (p = 0,021) between first and second consultation/intervention, but not at the time of third consultation

Differences between men and women:

- statistically significant or borderline significant changes in:

  - Lower waist in women (p = 0,026)
  - Lower LDL cholesterol in men (p = 0,007)
  - Lower triacylglycerols in women (p = 0,072)
  - Lower glyc.Hb in men (p = 0,054)

- statistically significant or borderline significant changes in group of men (n = 32) after intervention in:

  - Decrease in LDL cholesterol from 2,79 to 2,29 mmol/l (p = 0,096)
  - Decrease HDL cholesterol from 1,39 to 1,23 mmol/l (p = 0,024)

- statistically significant or borderline significant changes in group of women after intervention in:

  - Decrease BMI from 28,71 to 28,51 kg/m^2 (p = 0,034),
  - Decrease LDL cholesterol from 3,45 to 2,61 mmol/l (p = 0,088).

Project Summary

Spreading of Information and Project Evaluation

- **Presentations on expert meetings, congresses and conferences, articles in conferences news**
  - 40th Czech Angiology days 2015, Prague, February 2015
  - XXIIIrd Annual Congress of Czech Society of Cardiology, Brno, May 2015
  - XXXIVth Annual conference of Czech Society of General Practice, Zlín, November 2015
  - Šobra Day - XXIXth Conference on Hyperlipoproteinemias, Prague, June 2015
  - 19th Congress on Atherosclerosis, Špindlerův Mlýn, December 2015
  - 41st Czech Angiology days 2016, Prague, February 2016
  - Spring Interactive Conference of Czech Society of General Practice, Prague, April 2016
  - Cardiovascular Prevention Course, Prague, September 2016
  - Cardiovascular Prevention Course, Brno, September 2016
  - Specialized Nutrition konference Exercise and Nutrition, Prague, October 2016
  - XXXVth Annual conference of Czech Society of General Practice, Karlovy Vary, November 2016
  - 20th Congress on Atherosclerosis, Špindlerův Mlýn, December 2016
  - XXXth Seminar Prevention of coronary heart disease from childhood, Poděbrady, January 2017
  - 42nd Czech Angiology days 2017, Prague, February 2017