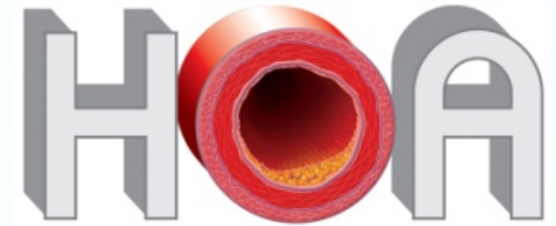


RuFH Study



<http://noathero.ru>

Russian research program evaluating the extent of
underdiagnosed and undertreated FH in the population
(since 2014)

Project Lead Marat Ezhov, DMSc

NCT02208869; clinicaltrials.gov

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The RF population on 1.1.2015 – 146,267,300

- Urban ~107 mln, rural ~ 40 mln
- CVD mortality in 2013 – 698/100,000
- There is no program on primary CVD prevention
- Proposed number of HeFH patients: **287,000 – 574,000**
(1:500 – 1:250)
- Proposed number of HoFH patients: **147 – 294** (1:1,000,000 – 1:500,000)

Study Methods

Signing ICF

Questionnaire

Echocardiography

Physical
exam

Duplex scan

Blood test

Recommendations



Filling the Registry

Main inclusion criteria - men and women 18-70 years, TC >7.5 and/or LDL-C >4.9 mmol/L

RuFH investigators. Journal of Atherosclerosis and Dyslipidaemia. 2014;3:7-15

Key Aspects

- The Web-based Russian FH Registry was developed and 643 patients were included
- Educational leaflet for FH diagnosis was developed
- Project on lipid centers was elaborated
- Dutch clinical criteria for the FH diagnosis are more useful for Russian population
- Short Guidelines on the screening, diagnosis and treatment of FH patients were developed and under reviewing process
- Efforts on raising awareness of cardiovascular disease in FH were performed among patients, healthcare providers, population and government through educational materials, lipid schools, public relations

Key Results

- The prevalence of heterozygous FH in Russia is higher than 1:500 and is approximately 1:250
- 85 per cent of patients with severe primary hypercholesterolemia have atherosclerotic plaques in carotid arteries
- Aortic valve stenosis was diagnosed for the first time was revealed in 2 per cent of study participants
- Lp(a) levels above 30 mg/dl was obtained in 38% patients
- There are positive correlation between PCSK9 concentration and TC, Lp(a), LDL-C and triglycerides levels
- Only 24% of study participants on treatment with hypolipidemic drugs. Titration of statins and achieving of target LDL-C were uncontrolled by patients at study initiation