

Jefferson Cardiology Association Happenings

New Statin Alternative

Statin drugs have had dramatic results lowering cholesterol and reducing cardiovascular events. Yet, a number of patients cannot tolerate statin medications or cannot tolerate the dosage of statin medications needed to have full benefit. There is a new drug on the horizon which was evaluated in several research studies at the recent meeting of the American College of Cardiology. Our patients are fortunate as this new drug is available through our practice on a research protocol. The drug is still investigational.

The new drug, PCSK9, is an antibody that inhibits a chemical that interferes with cholesterol break down in the liver. This drug may reduce cholesterol values by over 50%. The recently presented research studies demonstrated dramatic effects in patients who could not take statin medications. It was also effective when combined with statin medications. This drug is given by injection and was effective when given at 2 week or 4 week intervals. There were no problems with muscle pain with this new drug. It is yet to be proven that this new drug will have the same effects as statins preventing heart attacks and strokes. It may be several years before the drug is approved by the FDA and is commercially available. Interested patients can ask our doctors about this alternative.

Another Role for Statins

Another study from the American College of Cardiology meeting was revelation of statin benefit for men with erectile dysfunction. Researchers identified 11 previously completed research studies with a total of 647 patients.

In men taking statin medications, there was a 24% improvement in erectile

function and was about one third to one half of the increase seen with medications such as Viagra, Cialis and Levitra. The benefit in erectile function with statins exceeded the benefit derived from life style changes and testosterone.

The mechanism of benefit of statin therapy in erectile dysfunction was thought to improve blood vessel function resulting in improved penile blood flow.

It was agreed that more research was needed to better clarify the role of statins in treating erectile dysfunction. To date, there can be no clear recommendation that statins should be given to men with erectile dysfunction and normal cholesterol.

STAMPEDE Study

Much press attention was given to results of the STAMPEDE study presented at the American College of Cardiology meeting and simultaneously was published in the *New England Journal of Medication*. Specifically, this study included 150 obese patients with type 2 diabetes who were randomized to surgical or intensive medical therapy. The surgery included equal numbers randomized to gastric bypass or gastric banding.

After 3 years, of patients who had gastric bypass, 35% developed normal blood sugar on no medications and 90% of surgical patients were successfully weaned off insulin. Patients with gastric bypass had a mean weight loss of 57 pounds at 3 years while those with banding had a mean weight loss of 47 pounds. Patients on medical therapy had a mean weight loss of 10 pounds. Blood pressure medications were reduced but not eliminated in the surgical group.

There were 13 surgical complications in the gastric bypass group and 5

with banding. There were more nutritional complications in the surgical group. Questionnaires indicates the surgical group was happier and had a better quality of life.

banding. Also, banding was associated with more relapse with weight gain. These results may be encouraging to obese diabetics considering weight loss surgery.

Staff News

Please join us in wishing Kim Gray, receptionist, a very Happy Birthday. We hope you have a very special birthday.

It was concluded that gastric bypass had better weight loss benefits than

Chicken and White BBQ Potatoes

- 4 (6 ounce) Yukon gold or baking potatoes
- Cooking spray
- 2/3 cup canola mayonnaise
- 3 tablespoons white vinegar
- 1 tablespoon Dijon mustard
- 2 teaspoons freshly ground black pepper
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 2 garlic cloves, minced
- 1 1/2 cups shredded skinless, boneless rotisserie chicken breast
- 3 tablespoons sweet pickle relish
- 1/4 cup sliced green onions

1. Pre-heat oven to 450 degrees
2. Pierce potatoes with a fork, and coat lightly with cooking spray. Bake at 450 degrees for 50 minutes or until tender. Remove potatoes from oven, and cool slightly. Cut a lengthwise slit in each potato that goes to, but not through, the other side, and squeeze the ends to loosen potato flesh.
3. Combine mayonnaise and next 6 ingredients (through garlic) in a medium bowl. Stir in chicken and relish. Divide the chicken mixture evenly among potatoes. Top each potato with

1	tablespoon	onions
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