



Pharmaceutical Care

Ankara University
Faculty of Pharmacy



Targets for Lipids

- LDL < 70 mg/dL
- HDL 60 or more



Medications Associated with Hyperlipidemia

- Estrogens
- Corticosteroids
- Cyclosporins



10-Year CV Risk

- Age
- Diabetes
- Cigarette
- HDL
- Total cholesterol



Statins

- High density
- Medium density
- Low density
- Different effect



Diet

- *Examples of useful and harmful foods:*
- Soy protein products
- Dietary trans fat
- Mono and disaccharides



Risk Factors

- *Some examples:*
- Male gender
- Obesity
- Cigarette



First Line Antihypertensives

- ACE
- ARB
- CCB
- Thiazide diuretics