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## Carotid arteries plaques regression in heterozygous familial hypercholesterolemia patients on statin therapy

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The aim of this study is to compare carotid intima-media thickness (CIMT) variation and plaque regression in hypercholesterolemia patients on statin therapy for two years. One hundred and twenty cases of hyperlipidemia having total cholesterol more than 250 mg/dL and LDL-C levels above 160 mg/dL were selected from National Institute of Cardiovascular Diseases and Dr. Ziauddin Hospital, Karachi by performing lipid profiles after overnight fasting. Familial hypercholesterolemia was also diagnosed from premature coronary diseases, xanthomas, arcus cornealis, and family history of premature coronary diseases and by LDL-R gene mutation. B-mode ultrasound was done to show thickness of carotid intima-media on Toshiba (M # SSA-580A/E2) with linear probe. Measurement of CIMT in patients of heterozygous familial hypercholesterolemia patients was done by B-mode ultrasound of carotid arteries. Multiple soft and hard plaques were seen in heterozygous familial hypercholesterolemia (HeFH) patients in B-mode ultrasound of carotid arteries. The mean CIMT reduction in both treatment groups was significant, 0.11 mm in rosuvastatin group and 0.08 mm in atorvastatin group, regression in CIMT over a duration of two years therapy (\* $p < 0.02$ ). The total cholesterol reduced was 46% and reduction of LDL-C by 48% in patients on rosuvastatin as compared to total cholesterol 36% and LDL-C 37% in patients on atorvastatin for duration of 24 months (\*\* $p < 0.001$ ). Measure plaque before and after 2 years statin therapy by B-mode ultrasonography done along with measurement of thickness of carotid intima-media on Toshiba (M# SSA-580A/E2) with linear probe.

### Biography

Samia Perwaiz Khan obtained her Medical Degree (MBBS) from Dow Medical College, Karachi. Her MPhil and PhD degrees were granted by Ziauddin University, Karachi where she is currently working as Professor of Pharmacology and PhD Program Coordinator. She has written 12 research articles which have been published in national and international journals with high impact factors. She has attended and presented papers at several national and international conferences where one of her papers was declared as the best oral presentation. She has been a Reviewer for national and international journals. Furthermore, she has been a member of organizing teams for national conferences, symposia and academic work shops. She also has clinical experience and in the past has worked at Sindh Institute of Urology and Transplant (SIUT), Karachi, as a Medical Officer.

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