

# WORLD SUMMIT ON DIABETES

June 16-17, 2021 | Webinar

## LDL Apheresis and Lp (a) Apheresis: A Clinician's Perspective

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Lipoprotein apheresis is the most effective means of lipid-lowering therapy. However, it's a semi-invasive, time consuming, and chronic therapy with variable adherence. There are still no specific guideline recommendations for the management of patients on lipid apheresis.

Lipoprotein apheresis should be initiated at early ages and performed frequently to receive the expected cardiovascular benefits. However, in clinical practice, most patients experience ineffective apheresis and fail to reach lipid targets. This real-world failure is due to several factors including late diagnosis, delayed referral, and improper frequency of procedures. All these denote that awareness is still low among physicians. Another important factor is the semi-invasive, time consuming nature of the apheresis, leading to high refusal and low adherence rates. Moreover, apheresis decreases quality of life and increases the risk of depression. Mental status is also deteriorated in patients with familial hypercholesterolemia on lipid apheresis. New effective lipid lowering agents are underway with promising cardiovascular results.

**Conclusion:** To overcome the drawbacks, a structured approach, including standardized protocols for lipoprotein apheresis with regular cardiovascular follow-up is warranted. New effective lipid lowering agents with documented cardiovascular benefit, should be integrated into the treatment algorithms of patients on lipoprotein apheresis.

### Biography

I am working as a general cardiology consultant and Lipid specialist at the Ege University Medical School. I am running the Prevention and Lipid out-patient Clinic since 1996, Pulmonary Hypertension Clinic since 2008, and the Young MI Clinic since 2005. I am also a PhD student in Molecular Biology Department in Ege University Medical School. I am working as a National CVD Prevention Coordinator of Turkey for EACPR since 2009. I am also a member of ESC-EORP Oversight Committee and also ESC Global Affairs Committee. I am working as the Associate Editor of Archives of the Turkish Society of Cardiology since 2016. My research field includes atherosclerosis, prevention, lipids and genetic lipoprotein disorders (familial hypercholesterolemia, high Lpa, Cylomicronemias etc), premature myocardial infarction, hereditary thrombophilia, cardiovascular involvement in rare diseases, and pulmonary hypertension.

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