

Free e-learning resource

Primary prevention of cardiovascular disease and use of statins

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Dipa is a 54-year-old woman of Indian ethnicity who has recently had a diagnosis of type 2 diabetes. In addition to her type 2 diabetes, she has a number of cardiovascular risk markers, including hypertension and an adverse lipid profile.

How would you formally assess Dipa's cardiovascular risk, and what medications would you consider?

By working through this interactive case study, we will consider the following issues and more:

- Assessing cardiovascular risk.
- Lifestyle interventions for dyslipidaemia.
- Lipid targets.
- Statin therapy.

This is the first in a series of interactive case studies on dyslipidaemia. Future scenarios will cover complex cases and non-statin lipid-lowering therapies.

D *Diabetes & Primary Care's* series of interactive case studies is aimed at all healthcare professionals in primary and community care who would like to broaden their understanding of diabetes.

This case scenario reviews the essentials on statin therapy, assessment of cardiovascular risk, lifestyle advice to reduce lipid levels, and lipid targets.

The format uses typical clinical scenarios as tools for learning. Information is provided in short sections, with most ending in a question to answer before moving on to the next section.

Working through the case studies will improve our knowledge and problem-solving skills in diabetes care by encouraging us to make evidence-based decisions in the context of individual cases.

Readers are invited to respond to the questions by typing in their answers. In this way, we are actively involved in the learning process, which is hopefully a much more effective way to learn.

By actively engaging with these case histories, I hope you will feel more confident and empowered to manage such presentations effectively in the future.

David Morris, Undergraduate Clinical Tutor, Keele University; and retired GP and Specialist Doctor in Diabetes

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Dyslipidaemia and type 2 diabetes. Part 1: Primary prevention of cardiovascular disease and use of statins and other interactive case studies are all [available here](#)