

Free e-learning resource

Statin-induced myalgia, secondary prevention of CVD and using non-statin agents

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Prashant is 57 years old with newly diagnosed diabetes and a 10-year QRISK3 score of 18%. He commences statin therapy but soon develops symptoms of muscle pain and stiffness.

Maureen has reached her maximally tolerated atorvastatin dose of 20 mg, yet her lipid profile remains above target.

How would you manage their dyslipidaemia in these situations?

Geoff commences high-intensity statin therapy for secondary prevention of cardiovascular disease.

How would you assess the effectiveness of Geoff's treatment, and what other options would be available to augment it?

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

- Statin intolerance pathways.
- Secondary prevention of cardiovascular disease.
- 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.

The second part of our series on dyslipidaemia, these case scenarios review the essentials on statin intolerance, secondary prevention and non-statin lipid-lowering therapies.

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, readers will feel more confident and empowered to manage such presentations effectively in the future.

Click here
to access the
case study

Dyslipidaemia and type 2 diabetes. Part 2: Statin-induced myalgia, secondary prevention of cardiovascular disease and using non-statin agents and other interactive case studies are all [available here](#)