

Preventing ASCVD in the Statin Era

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- Is Aspirin still useful?
- The Vitamin D (snake oil) craze
- Fish oils – Not all oils are the same
- Virchow's Inflammation

In the statin era, there has been a reconsideration of preventive strategies for ASCVD. Three trials question the value of aspirin in the primary prevention setting. The effect on ASCVD, in well-treated patients, is neutral, but there is an increased risk of serious bleeding and there seems to be no protection against cancers.

Trials of vitamin D3 show a neutrality of effect for the prevention of ASCVD. An in-depth review of fish oils (w-3 fatty acids) and new studies show no benefit of triglycerides derived from marine sources. The use of EPA ethyl ester (a pure preparation of eicosapentaenoic acid) shows a 25% reduction in MACE in the REDUCE-IT trial. Anti-inflammatory therapy for the prevention and treatment of ASCVD with low-dose methotrexate (CIRT trial) did not show benefit.