



# Preventing ASCVD in the Statin Era

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# **Old Paradigms, Snake (and Fish) oils and Modulating Inflammation**

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

## Effect of Aspirin on Cardiovascular Events and Bleeding in the Healthy Elderly

[N Engl J Med 2018; 379:1509-1518](#)

John J. McNeil, M.B., B.S., Ph.D., Rory Wolfe, Ph.D., Robyn L. Woods, Ph.D., Andrew M. Tonkin, M.B., B.S., M.D., Geoffrey A. Donnan, M.B., B.S., M.D., Mark R. Nelson, M.B., B.S., Ph.D., Christopher M. Reid, Ph.D., M.P.H., Jessica E. Lockery, M.B., B.S., Brenda Kirpach, C.C.R.A., Elsdon Storey, M.B., B.S., D.Phil., Raj C. Shah, M.D., Jeff D. Williamson, M.D., M.H.S., [et al.](#), for the ASPREE Investigator Group\*

## Effect of Aspirin on All-Cause Mortality in the Healthy Elderly

John J. McNeil, M.B., B.S., Ph.D., Mark R. Nelson, M.B., B.S., Ph.D., Robyn L. Woods, Ph.D., Jessica E. Lockery, M.B., B.S., Rory Wolfe, Ph.D., Christopher M. Reid, Ph.D., M.P.H., Brenda Kirpach, C.C.R.A., Raj C. Shah, M.D., Diane G. Ives, M.P.H., Elsdon Storey, M.B., B.S., D.Phil., Joanne Ryan, Ph.D., Andrew M. Tonkin, M.B., B.S., M.D., [et al.](#), for the ASPREE | [N Engl J Med 2018; 379:1519-1528](#)

## Effects of Aspirin for Primary Prevention in Persons with Diabetes Mellitus

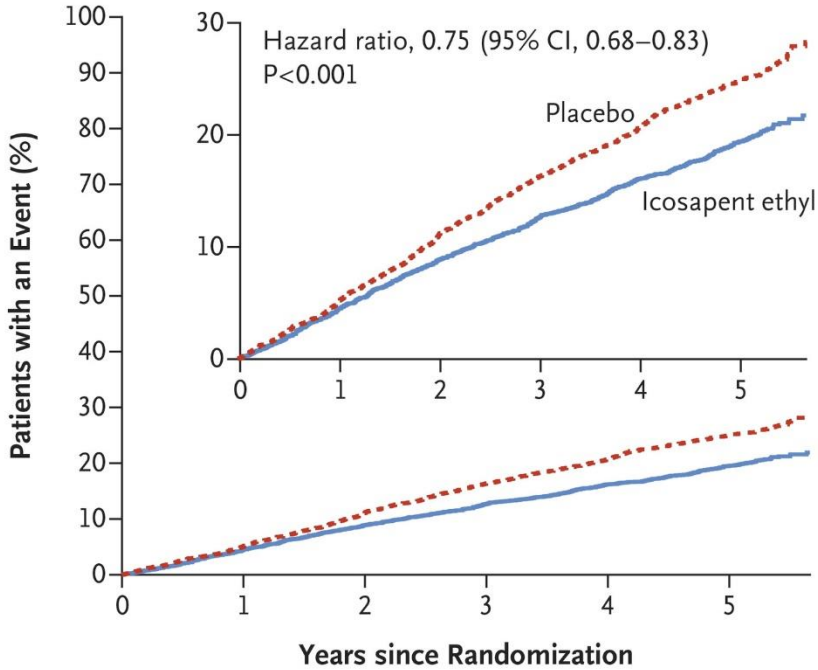
The ASCEND Study Collaborative Group\*

[N Engl J Med 2018; 379:1529-1539](#)

... absolute benefits were largely counterbalanced by the bleeding hazard.

# REDUCE-IT

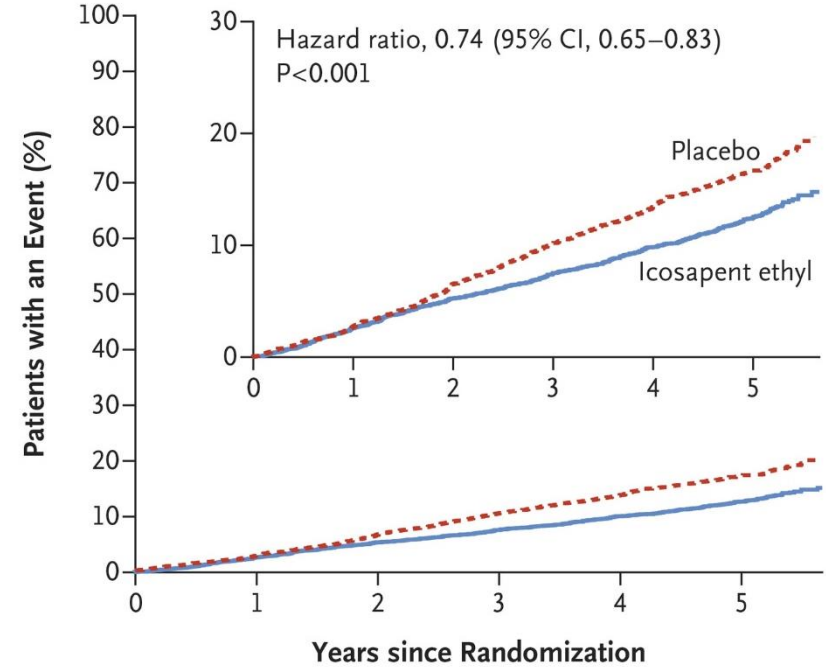
**A Primary End Point**



**No. at Risk**

|                 |      |      |      |      |      |      |
|-----------------|------|------|------|------|------|------|
| Placebo         | 4090 | 3743 | 3327 | 2807 | 2347 | 1358 |
| Icosapent ethyl | 4089 | 3787 | 3431 | 2951 | 2503 | 1430 |

**B Key Secondary End Point**



**No. at Risk**

|                 |      |      |      |      |      |      |
|-----------------|------|------|------|------|------|------|
| Placebo         | 4090 | 3837 | 3500 | 3002 | 2542 | 1487 |
| Icosapent ethyl | 4089 | 3861 | 3565 | 3115 | 2681 | 1562 |

**CV death, nonfatal MI, or nonfatal stroke, coronary revascularization, or unstable angina (0.75; 95% CI, 0.68 to 0.83; P<0.001)**

**CV death, nonfatal MI, or nonfatal stroke (0.74; 95% CI, 0.65 to 0.83; P<0.001)**

# 4. Inflammation: the CIRT trial

## Low-Dose Methotrexate for the Prevention of Atherosclerotic Events

Paul M Ridker, M.D., Brendan M. Everett, M.D., Aruna Pradhan, M.D., Jean G. MacFadyen, B.A., Daniel H. Solomon, M.D., Elaine Zaharris, B.A., Virak Mam, B.S., Ahmed Hasan, M.D., Yves Rosenberg, M.D., Erin Iturriaga, M.S.N., Milan Gupta, M.D., Michelle Tsigoulis, et al., for the CIRT Investigators\*



CARDIOVASCULAR INFLAMMATION  
REDUCTION TRIAL

NEJM November 10, 2018