Metabolic

181. Lipid Profile in Smokers and Tobacco Chewers - A Comparative Study

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Objective: The present study was undertaken to evaluate lipid profile in cigarette smokers and tobacco chewers and comparing the both.

Methods: Serum lipid profile was studied in 30 smokers (group A), 30 tobacco chewers (group B) and 30 control i.e. non-smokers and non-tobacco chewers (group C).

Results: It was found that HDL-C was lower both in smoker 34.9 ± 4.5 (P < 0.001) as well as tobacco chewers 35 ± 4.4 (P < 0.001) than the control group 41.2 ± 3.6.

But total cholesterol (TC), LDL-C, VLDL-C and triglycerides (TG) in smokers (175.5 ± 23.5, 106.4 ± 1.6, 35.9 ± 4.1 and 160.1 ± 33.1 respectively), and tobacco chewers (185.7 ± 27.4, 103.6 ± 11.3, 34 ± 3.6 and 173 ± 34.6 respectively) was higher in compared to control group (161.3 ± 14.3, 74.7 ± 9.4, 20 ± 3.1 and 88 ± 21.3 respectively) and the P value was significant (<0.001).

Whereas there was no statistically significant difference in lipid profile of smokers and tobacco chewing have an equal and comparable adverse effect on lipid profile.

182. Comparative Evaluation of Efficacy and Safety of Ezetimibe Versus Ezetimibe Plus Atorvastatin Versus Atorvastatin in Patients for the Treatment of Hypercholesterolaemia

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Object of the Study: To evaluate the efficacy and safety of Ezetimibe (Eze) vs Ezetimibe + Atorvastatin vs Atorvastatin (Ator) in the treatment of Hypercholesterolaemia.

Methodology: In an open, randomized multicenter, comparative study, 126 patients with baseline LDL-C ≥ 160 mg/dl were randomly assigned to Eze (10 mg) or Ator (10 mg) or Eze (10 mg) + Ator (10 mg). The primary efficacy end point was % reduction from baseline to study end point in LDL-C, VLDL, TGs and total cholesterol.

Result: Eze + Ator significantly improved LDL-C, VLDL, TGs and total cholesterol compared with Ator or Eze alone.

Conclusion: Co-administration of Ezetimibe and atorvastatin offers a well-tolerated and highly efficacious new treatment option for patients with hypercholesterolaemia.

183. Open Randomized Clinical Trial Comparing Herbal Compound MA 1596 with Lovastatin in Hyperlipidemic Patients

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Background and Objectives: The currently available drugs for use in dyslipidemia, though effective have adverse effects. Therefore, there is need to evaluate herbal formulation for the treatment of dyslipidemia. The present study was undertaken to evaluate the effect of MA-1596 as compared to Lovastatin (an HMG-CoA reductase inhibitor) in patients with primary hyperlipidemia.

Methodology: In this ongoing study, a total of 50 patients with primary hyperlipidemia (defined as TC ≥ 160 mg/dl or TG ≥ 150 mg/dl) have been enrolled. Patients received one month of placebo, diet and exercise advise and were subsequently randomized to receive either Lovastatin (20 mg 1 BD) or MA-1596 (2 tab BD) for 3 months. Lipid profile was performed at each visit and biochemical investigations were performed at baseline and at the completion of study.

Result: Out of fifty, 30 patients have completed the study so far. Twelve patients were on Lovastatin and 18 patients received MA-1596. Mean TC, TG, LDL and HDL-c levels were similar in both groups at baseline. After eight weeks of follow up higher LDL-c levels was observed in subjects receiving MA-1596 as compared to Lovastatin (p=0.002) and LDL-c (p=0.002) was observed in the Lovastatin group as compared to MA-1596. Similar reduction in TG (p=0.6) and similar change in TC/HDL ratio from moderate to low risk factor category was observed with Lovastatin and MA-1596.

Conclusion: On interim analysis, MA-1596 appears to have triglyceride lowering activity. Decrease in TC and LDL-c levels with the use of MA-1596 was significantly less as compared to Lovastatin.