

## Doctor, do I need cholesterol medicine? Should you apply the 2018 ACC/AHA cholesterol guidelines to your Japanese patient?

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**対象者** 医師, 後期研修医 (卒後3年目以上), 初期研修医 (卒後1-2年目), 学生, その他  
**Target** Doctor, Senior Resident (3+years after graduation), Resident (1-2 years after graduation), Medical student, Others

It is well known that in general, Japanese have a lower cardiovascular risk than Americans. Therefore, the decision of prescribing a statin for the primary prevention of CV disease should not be made based solely on risk scores, randomized controlled trials or guidelines derived out of a predominately white population. So, how can Japanese clinicians and patients share the decision of taking a statin for the primary prevention of cardiovascular disease and death?

The aim of this workshop is to increase your confidence in your ability to practice evidence-informed medicine and shared-decision making when deciding to prescribe a statin to your patient that is at high risk of having a heart attack or a stroke but that still has not had one (primary prevention).

By the end of this workshop, we expect attendants will be able to:

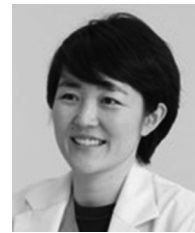
1. Develop "clinical questions" and find answers
2. Demonstrate how to calculate CV risk for a patient
3. List the benefits, risks, and other considerations of the use of statins for CV disease primary prevention
4. Describe steps to have a shared-decision making conversation, including risks and benefits of statins, with your patient



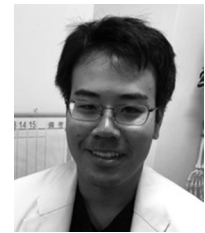
Shadia Constantine



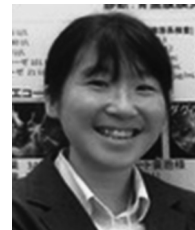
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