

DIABETES AND DYSLIPIDEMIA

Kenneth R. Feingold MD, Professor of Medicine, University of California- San Francisco Staff Physician and Chief of the Endocrine Clinic- San Francisco VA Medical Center, Metabolism 111F, VA Medical Center, 4150 Clement St, San Francisco, CA 94121

Carl Grunfeld MD, PhD, Professor of Medicine, University of California- San Francisco; Chief of the Metabolism and Endocrine Section and Associate Chief of Staff for Research and Development-San Francisco VA Medical Center, Metabolism 111F, VA Medical Center, 4150 Clement St, San Francisco, CA 94121

Received 10 June 2015

ABSTRACT

Cardiovascular disease is a major cause of morbidity and mortality in both men and women with type 1 and type 2 diabetes. In patients with diabetes, risk factors, such as hypertension and dyslipidemia, play a major role in inducing cardiovascular disease. To prevent cardiovascular disease control of these risk factors is paramount. In patients with type 1 diabetes in good glycemic control the lipid profile is very similar to the general population. In contrast, in patients with type 2 diabetes, even with good glycemic control, there are frequently lipid abnormalities including elevated serum triglycerides and non-HDL cholesterol and decreased HDL levels. The increase in serum triglycerides is primarily due to increased hepatic production of VLDL but a decrease in the clearance of triglyceride rich lipoproteins may also contribute. The decrease in HDL is associated with the increase in serum triglycerides. LDL levels are typically in the normal range but an increase in small dense LDL is commonly observed. In both type 1 and type 2 diabetes poor glycemic control increases triglyceride levels and decreases HDL levels with only modest effects on LDL cholesterol levels. Poor glycemic control leads to a decrease in lipoprotein lipase activity and a delay in the clearance of triglyceride rich lipoproteins. Extensive studies have demonstrated that statins decrease cardiovascular disease in patients with diabetes. Treatment with high doses of potent statins reduces cardiovascular events to a greater extent than low dose statin therapy. Adding fibrates or niacin to statin therapy has not been shown to further decrease cardiovascular events. In contrast, a recent study has shown that the combination of a statin and ezetimibe does result in a greater decrease in cardiovascular events than statins alone. Current recommendations indicate that most patients with diabetes should be on statin therapy.

INTRODUCTION

Cardiovascular disease is the major cause of morbidity and mortality in both men and women with diabetes (approximately 60-70% of deaths) [1-3]. The risk of cardiovascular disease is increased approximately 2 fold in men and 3-4 fold in women. In the Framingham study, the annual rate of cardiovascular disease was similar in men and women with diabetes, emphasizing that woman with diabetes need as aggressive preventive treatment as men with diabetes. In addition, several but not all studies, have shown that patients with diabetes who have no history of cardiovascular disease have approximately the same risk of having a myocardial infarction as non-diabetic patients who have a history of cardiovascular disease, i.e., diabetes is an equivalent risk factor as a history of a previous cardiovascular event [4, 5]. Moreover, numerous studies have shown that patients with diabetes who have cardiovascular disease are at a very high risk of having another event, indicating that this population of patient's needs especially aggressive preventive measures. This increased risk for the development of cardiovascular disease in patients with diabetes is seen in populations where the prevalence of cardiovascular disease is high (Western societies) and low (for example, Japan). While the database is not as robust, the evidence indicates that patients with Type 1 diabetes are also at high risk for the development of cardiovascular disease [6, 7]. Lastly, in patients with both Type 1 and Type 2 diabetes the presence of renal disease increases the risk of cardiovascular disease. Of note is that the risk of developing cardiovascular events in patients with diabetes has decreased recently most likely due to better lipid and blood pressure control, which again reinforces the need to aggressively these risk factors in patients with diabetes.

ROLE OF LIPIDS IN CARDIOVASCULAR DISEASE

As in the non-diabetic population, epidemiological studies have shown that increased LDL and non-HDL cholesterol levels and decreased HDL cholesterol levels are associated with an increased risk of cardiovascular disease in patients with diabetes [1, 8]. In patients with diabetes, elevations in serum triglyceride levels also are associated with an increased risk of cardiovascular disease. With regards to triglycerides, it is not clear whether they are an independent risk factor for cardiovascular disease or whether the elevation in triglycerides is a marker for other abnormalities, such as decreased HDL cholesterol levels.

LIPID ABNORMALITIES IN PATIENTS WITH DIABETES

In patients with Type 1 diabetes in good glycemic control, the lipid profile is very similar to lipid profiles in the general population [7]. In contrast, in patients with Type 2 diabetes, even when in good glycemic control, there are abnormalities in lipid levels [8, 9]. Specifically, patients with Type 2 diabetes often have an increase in serum

triglyceride levels, increased VLDL and IDL, decreased HDL, and an increase in small dense LDL, a lipoprotein particle that may be particularly atherogenic. LDL cholesterol levels are typically not different than in normal subjects but Apo B and non-HDL cholesterol levels are increased. Studies have shown that the anti-oxidant and anti-inflammatory functions of HDL isolated from patients with diabetes are reduced, indicating that HDL levels per se may not fully reflect risk [10]. Additionally, the postprandial increase in serum triglycerides is accentuated and elevations in postprandial lipids may increase the risk of cardiovascular disease. It should be recognized that these lipid changes are characteristic of the alterations in lipid profile seen in obesity and the metabolic syndrome (insulin resistance syndrome). Since a high percentage of patients with Type 2 diabetes are obese, insulin resistant and have the metabolic syndrome, it is not surprising that the prevalence of increased triglycerides and small dense LDL and decreased HDL is common in patients with Type 2 diabetes even when these patients are in good glycemic control.

In both Type 1 and Type 2 diabetes, poor glycemic control increases serum triglyceride levels, VLDL and IDL, and decreases HDL. Poor glycemic control can also result in a modest increase in LDL cholesterol, which because of the elevation in triglycerides is often in the small dense subfraction. It is therefore important to optimize glycemic control in patients with diabetes because this will have secondary beneficial effects on lipid levels.

Lp (a) levels are usually within the normal range in patients with Type 2 diabetes and do not appear to be greatly affected by glycemic control. In patients with Type 1 diabetes Lp (a) levels are frequently elevated and improvements in glycemic control result in decreases in Lp (a) levels. The development of microalbuminuria and the onset of renal disease are associated with an increase in Lp (a) levels.

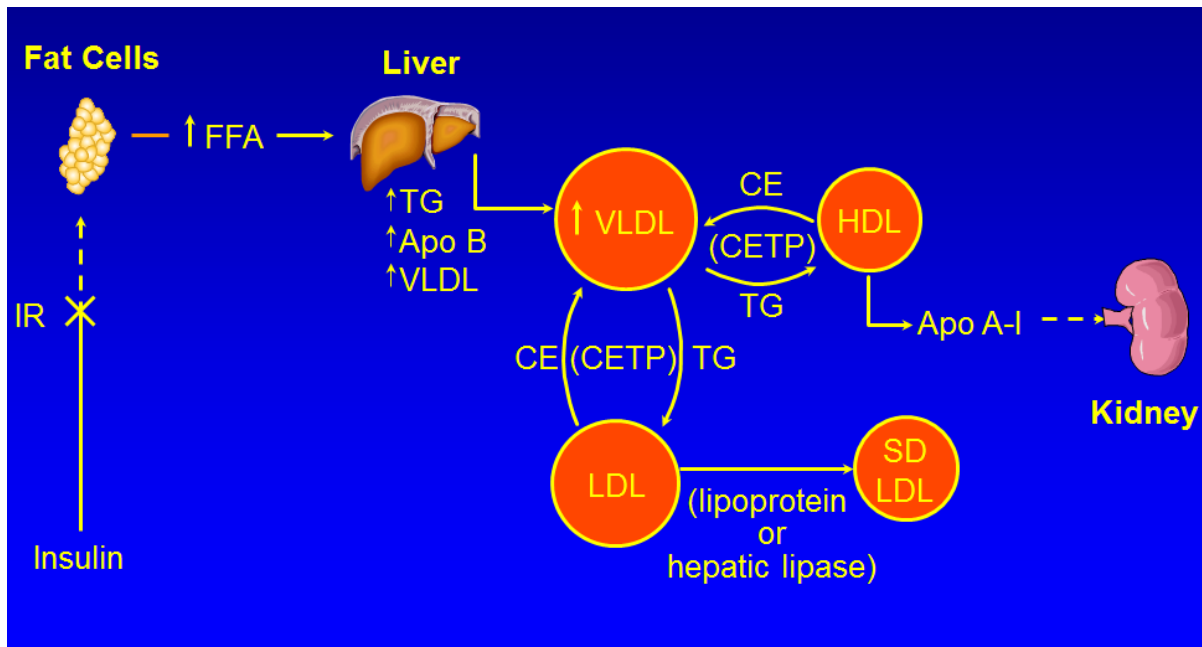
EFFECT OF GLUCOSE LOWERING DRUGS ON LIPIDS

The methods used to improve glycemic control may have an impact on lipid levels above and beyond their effects on glucose metabolism. Specifically, insulin, sulfonylureas, meglitinides, DPP4 inhibitors, and alpha-glucosidase inhibitors do not markedly alter lipid profiles other than by improving glucose control (there are data to suggest that DPP4 inhibitors alter postprandial triglyceride excursions, but they do not alter fasting lipid levels). In contrast, metformin, thiazolidindiones, and SGLT2 inhibitors have effects independent of glycemic control on serum lipid levels. Metformin decreases serum triglyceride levels and may modestly decrease LDL cholesterol without altering HDL cholesterol [11-13]. The effect of thiazolidindiones appears to depend on which agent is used. Rosiglitazone increases serum LDL cholesterol levels, increases HDL cholesterol levels, and only decreases serum triglycerides if the baseline levels are high. In contrast, pioglitazone has less impact on LDL cholesterol levels, increases HDL cholesterol levels, and decreases serum triglyceride levels. It should be noted that reductions in the small dense LDL subfraction and an increase in the large buoyant LDL subfraction are seen with both thiazolidindiones. In a randomized head to head trial it

was shown that pioglitazone decreased serum triglyceride levels and increased serum HDL cholesterol levels to a greater degree than rosiglitazone treatment [14, 15]. Additionally, pioglitazone increased LDL cholesterol levels less than rosiglitazone. In contrast to the differences in lipid parameters, both rosiglitazone and pioglitazone decreased HBA1c and C-reactive protein to a similar extent. The mechanism by which pioglitazone induces more favorable changes in lipid levels than rosiglitazone is unclear, but differential actions of ligands for nuclear hormone receptors are well described. Treatment with SGLT2 inhibitors results in a small increase in LDL and HDL cholesterol levels. Finally, GLP-1 analogues, such as exenatide and liraglutide, can favorably affect the lipid profile by inducing weight loss (decreased triglycerides and increased HDL).

PATHOPHYSIOLOGY OF THE DYSLIPIDEMIA OF DIABETES [8, 9, 16, 17]

(Figure 1):



Production of Triglyceride rich Lipoproteins

There are a number of different abnormalities that contribute to the dyslipidemia seen in patients with type 2 diabetes (figure 1). A key abnormality is the overproduction of VLDL by the liver, which is a major contributor to the elevations in serum triglyceride levels. The rate of secretion of VLDL is highly dependent on triglyceride availability, which is determined by the levels of fatty acids available for the synthesis of triglycerides in the liver. An abundance of triglycerides prevents the intra-hepatic degradation of Apo B-100 allowing for increased VLDL formation and secretion. There are three major sources of fatty acids in the liver all of which may be altered in patients with type 2 diabetes. First, the flux of fatty acids from adipose tissue to the liver is increased. An increased mass of

adipose tissue, particularly visceral stores, results in increased fatty acid delivery to the liver. Additionally, insulin suppresses the lipolysis of triglycerides to free fatty acids in adipose tissue, and in patients with either poorly controlled diabetes due to a decrease in insulin or a decrease in insulin activity due to insulin resistance, the inhibition of triglyceride lipolysis is blunted and there is increased triglyceride breakdown leading to increased fatty acid delivery to the liver. A second source of fatty acids in the liver is de novo fatty acid synthesis. Numerous studies have shown that fatty acid synthesis is increased in the liver in patients with type 2 diabetes. This increase may be mediated by the hyperinsulinemia seen in patients with insulin resistance. Specifically, insulin stimulates the activity of SREBP-1c, a transcription factor that increases the expression of the enzymes required for the synthesis of fatty acids [18]. While the liver is insulin resistant to the effects of insulin on carbohydrate metabolism the liver remains sensitive to the effects of insulin stimulating lipid synthesis. Additionally, in the presence of hyperglycemia, glucose can induce another transcription factor, carbohydrate responsive element binding protein (ChREBP), which also stimulates the transcription of the enzymes required for fatty acid synthesis [18]. The third source of fatty acids is the uptake of triglyceride rich lipoproteins by the liver. Studies have shown an increase in intestinal fatty acid synthesis and the enhanced secretion of chylomicrons in animal models of type 2 diabetes [19, 20]. This increase in chylomicrons leads to the increased delivery of fatty acids to the liver. The increase in hepatic fatty acids produced by these three pathways results in an increase in the synthesis of triglycerides in the liver and the protection of Apo B-100 from degradation resulting in the increased formation and secretion of VLDL. Finally, insulin stimulates the post translational degradation of Apo B-100 in the liver and a decrease in insulin activity in patients with type 2 diabetes also allows for the enhanced survival of Apo B-100 promoting increased VLDL formation.

Metabolism of Triglyceride rich Lipoproteins

While the overproduction of triglyceride rich lipoproteins by the liver and intestine are the main contributors to the elevations in serum triglyceride levels in patients with type 2 diabetes, there are also abnormalities in the metabolism of these triglyceride rich lipoproteins. First, there is a modest decrease in lipoprotein lipase activity, the key enzyme that metabolizes triglyceride rich lipoproteins. The expression of lipoprotein lipase is stimulated by insulin and decreased insulin activity in patients with type 2 diabetes results in a decrease in lipoprotein lipase, which plays a key role in the hydrolysis of the triglycerides carried in chylomicrons and VLDL. Additionally, patients with type 2 diabetes have an increase in Apo C-III levels. Glucose stimulates and insulin suppresses Apo C-III expression. Apo C-III is an inhibitor of lipoprotein lipase activity and thereby reduces the clearance of triglyceride rich lipoproteins. In addition, Apo C-III also inhibits the cellular uptake of lipoproteins. Recent studies have shown that loss of function mutations in Apo C-III lead to decreases in serum triglyceride levels and a reduced risk of cardiovascular disease [21, 22]. Interestingly, inhibition of Apo C-III expression results in a decrease in serum triglyceride levels even in patients deficient in lipoprotein lipase indicating that the ability of Apo C-III to modulate serum triglyceride levels is not dependent solely on regulating lipoprotein lipase activity [23]. Thus, in

patients with diabetes a decrease in clearance of triglyceride rich lipoproteins also contributes to the elevation in serum triglyceride levels.

Production of Small Dense LDL and HDL

The elevation in triglyceride rich lipoproteins in turn has effects on other lipoproteins. Specifically, cholesterol ester transfer protein (CETP) mediates the exchange of triglycerides from triglyceride rich VLDL and chylomicrons to LDL and HDL. The increase in triglyceride rich lipoproteins *per se* leads to an increase in CETP mediated exchange, increasing the triglyceride content of both LDL and HDL. The triglyceride on LDL and HDL is then hydrolyzed by hepatic lipase and lipoprotein lipase leading to the production of small dense LDL and small HDL. Notably hepatic lipase activity is increased in patients with type 2 diabetes, which will facilitate the removal of triglyceride from LDL and HDL resulting in small lipoprotein particles. The affinity of Apo A-I for small HDL particles is reduced leading to the disassociation of Apo A-I and the accelerated clearance and breakdown of Apo A-I by the kidneys. This results in reduced levels of Apo A-I and HDL in patients with type 2 diabetes. Additionally, the production of Apo A-I may be reduced in patients with diabetes. High glucose levels can activate ChREBP and this transcription factor inhibits Apo A-I expression. Furthermore, insulin stimulates Apo A-I expression and a reduction in insulin activity due to insulin resistance or decreased insulin levels may also lead to a decrease in ApoA-I expression.

Effect of Poor Glycemic Control on Lipid Metabolism

The above described changes lead to the typical dyslipidemia observed in patients with type 2 diabetes (increased triglycerides, decreased HDL, and an abundance of small dense LDL and small HDL). In patients with both type 1 and type 2 diabetes poor glycemic control can further adversely affect lipid and lipoprotein metabolism. As noted above the expression of lipoprotein lipase is stimulated by insulin. If insulin activity is very low the expression of lipoprotein lipase is severely suppressed and the metabolism of triglyceride rich lipoproteins is markedly impaired. This leads to the delayed clearance of chylomicrons and VLDL and elevations of triglyceride rich lipoproteins. Additionally, insulinopenia results in a marked increase in lipolysis in adipose tissue, leading to the release of free fatty acids into the circulation. This increase in serum fatty acids results in the increased delivery of fatty acids to the liver, enhanced triglyceride synthesis in the liver, and the increased production and secretion of VLDL. Whereas patients with type 1 diabetes who are well controlled typically have normal serum lipid profiles, if their control deteriorates they will develop hypertriglyceridemia. In patients with type 2 diabetes deterioration of glycemic control will further exacerbate their underlying dyslipidemia resulting in greater increases in serum triglyceride levels. If the synthesis of new VLDL is increased sufficiently this can result in an increase in LDL levels. HDL levels may decrease due to the formation of small HDL that are more susceptible to accelerated clearance. Improvements in glycemic control can markedly lower serum

triglyceride levels and may increase serum HDL levels. In patients with very poorly controlled diabetes improvements in glycemic control may also lower LDL levels.

Role of Obesity

Many if not most patients with type 2 diabetes are obese. Obesity is a pro-inflammatory state due to the macrophages that infiltrate adipose tissue. The cytokines produced by these macrophages and the adipokines that are produced by fat cells also alter lipid metabolism [24, 25]. The pro-inflammatory cytokines, TNF and IL-1, decrease the expression of lipoprotein lipase and increase the expression of angiopoietin like protein 4, an inhibitor of lipoprotein lipase. Together these changes decrease lipoprotein lipase activity, thereby delaying the clearance of triglyceride rich lipoproteins. In addition, pro-inflammatory cytokines stimulate lipolysis in adipocytes increasing circulating free fatty acid levels, which will provide substrate for hepatic triglyceride synthesis. In the liver, pro-inflammatory cytokines stimulate de novo fatty acid and triglyceride synthesis. These alterations will lead to the increased production and secretion of VLDL. Thus, increases in the levels of pro-inflammatory cytokines will stimulate the production of triglyceride rich lipoproteins and delay the clearance of triglyceride rich lipoproteins, which together will contribute to the increase in serum triglycerides that occurs in obese patients. Adipokines, such as leptin and adiponectin, also regulate lipid metabolism. Obesity increases serum leptin levels and leptin stimulates lipolysis in adipocytes which will increase serum free fatty acid levels. Obesity decreases adiponectin serum levels and studies have shown that the administration of adiponectin to mice decreases serum triglyceride levels. Adiponectin increases lipoprotein lipase and improves the clearance of an exogenous fat load. One would therefore anticipate that the decrease in adiponectin that occurs with obesity would have adverse effects on triglyceride metabolism.

Pro-inflammatory cytokines also affect HDL metabolism [26]. First they decrease the production of Apo A-I, the main protein constituent of HDL. Second, in many tissues pro-inflammatory cytokines decrease the expression of ABCA1 and ABCG1, which will lead to a decrease in the efflux of phospholipids and cholesterol from the cell to HDL. Third, pro-inflammatory cytokines decrease the production and activity of LCAT, which will limit the conversion of cholesterol to cholesterol esters in HDL. This step is required for the formation of a normal spherical HDL particle and facilitates the ability of HDL to transport cholesterol. Fourth, pro-inflammatory cytokines decrease CETP levels, which will decrease the movement of cholesterol from HDL to Apo B containing lipoproteins. Finally, pro-inflammatory cytokines decrease the expression of SR-B1 in the liver. SR-B1 plays a key role in the uptake of cholesterol from HDL particles into hepatocytes. Together these changes induced by pro-inflammatory cytokines result in a decrease in reverse cholesterol transport. Reverse cholesterol transport plays a key role in preventing cholesterol accumulation in macrophages and thereby reduces atherosclerosis. Inflammation also decreases other important functions of HDL, such as its ability to prevent LDL oxidation (see chapter on the effects of infection and inflammation on lipids for details).

EFFECT OF LIPID LOWERING DRUGS ON CARDIOVASCULAR EVENTS

Monotherapy Studies

Statins

As shown in Table 1, statin trials, including both primary and secondary prevention trials, have consistently shown the beneficial effect of statins on cardiovascular disease, primarily by lowering LDL levels. The cholesterol treatment trialists analyzed data from 18,686 subjects with diabetes (mostly type 2 diabetes) from 14 randomized trials [27]. In the statin treated group there was a 9% decrease in all cause mortality, a 13% decrease in vascular mortality, and a 21% decrease in major vascular events per 38mg/dl reduction in LDL cholesterol. The beneficial effect of statin therapy was seen in both primary and secondary prevention patients. The effect of statin treatment on cardiovascular events in patients with diabetes was similar to that seen in non-diabetic subjects. Thus, these studies indicate that statins are beneficial in reducing cardiovascular disease in patients with diabetes. Because of the large number of patients with diabetes included in the Heart Protection Study (HPS) and CARDS these two studies will be discussed in greater depth.

Table 1. Statin Trials- Diabetic Subgroups

Study	Drug	% Decrease	
		Controls	Diabetics
2° Prevention			
4S	Simvastatin	32	55
CARE	Pravastatin	23	25
LIPID	Pravastatin	25	19
LIPS	Fluvastatin	20	43
HPS	Simvastatin	24	26
1° Prevention			
AFCAPS	Lovastatin	37	42
HPS	Simvastatin	24	24
ASCOT	Atorvastatin	44	16
CARDS	Atorvastatin	--	37

The HPS was a double blind randomized trial that focused on patients at high risk for the development of cardiovascular events, including patients with a history of myocardial infarctions, other atherosclerotic lesions, diabetes, and/or hypertension [28, 29]. Patients were between 40 and 80 years of age and had to have total serum cholesterol levels greater than 135mg/dl (thus very few patients were excluded because they did not have a high enough cholesterol level). The major strength of this trial was the large number of patients studied (>20,000). The diabetes subgroup included 5,963 subjects and thus was as large as many trials. The study was a 2x2 study design comparing simvastatin 40mg a day vs. placebo and anti-oxidant vitamins (vitamin E 600mg, vitamin C 250mg, and beta-carotene 20mg) vs. placebo and lasted approximately 5 years. Analysis of the group randomized to the anti-oxidant vitamins revealed no beneficial or harmful effects. In contrast, simvastatin therapy (40mg per day) reduced cardiovascular events, including myocardial infarctions and strokes, by approximately 25% in all participants and to a similar degree in the diabetic subjects (total cardiovascular disease reduced 27%, coronary mortality 20%, myocardial infarction 37%, stroke 24%). Further analysis of the subjects with diabetes revealed that the reduction in cardiovascular events with statin therapy was similar in individuals with diabetes diagnosed for a short duration (<6 years) and for a long duration (>13 years). Similarly, subjects with diabetes in good control (HbA1c <7%) and those not in ideal control (HbA1c >7%) also benefited to a similar degree with statin therapy. Moreover, both Type 1 and Type 2 diabetic patients had a comparable reduction in cardiovascular disease with simvastatin therapy. The decrease in cardiovascular events in patients with Type 1 diabetes was not statistically significant because of the small number of subjects. Nevertheless this is the only trial that included Type 1 diabetics and suggests that patients with type 1 will benefit from statin therapy similar to Type 2 diabetics. In general, statin therapy reduced cardiovascular disease in all subgroups of subjects with diabetes (females, males, older age, renal disease, hypertension, high triglycerides, low HDL, ASA therapy, etc) i.e. statin therapy benefits all patients with diabetes. Of particular note even subjects with diabetes whose baseline LDL cholesterol levels were less than 116mg/dl had a reduction in cardiovascular events when treated with simvastatin. Moreover, analysis of all study patients similarly demonstrated that subjects with LDL cholesterol levels less than 100mg/dl benefited from statin therapy. These results are of particular clinical importance because they demonstrate that in high-risk patients with LDL cholesterol levels < 100mg/dl statin therapy would nevertheless result in benefit.

The CARDS trial specifically focused on subjects with diabetes [30]. The subjects in this trial were males and females with Type 2 diabetes between the ages of 40 to 75 years of age who were at high risk of developing cardiovascular disease based on the presence of hypertension, retinopathy, renal disease, or current smoking. Of particular note the subjects did not have any evidence of clinical atherosclerosis (myocardial disease, stroke, peripheral vascular disease) and hence this study is a primary prevention trial. Inclusion criteria included LDL cholesterol levels less than 160mg/dl and triglyceride levels less than 600mg/dl. Of note is that the average LDL cholesterol in this trial was approximately 118mg/dl, indicating relatively low LDL cholesterol levels. A total of 2838 Type 2 diabetic subjects were randomized to either placebo or atorvastatin

10mg a day. Atorvastatin therapy resulted in a 40% decrease in LDL cholesterol levels with over 80% of patients achieving LDL cholesterol levels less than 100mg/dl. Most importantly, atorvastatin therapy resulted in a 37% reduction in cardiovascular events. In addition strokes were reduced by 48% and coronary revascularization by 31%. As seen in the HPS, subjects with relatively low LDL cholesterol levels (LDL <120mg/dl) benefited to a similar extent as subjects with higher LDL cholesterol levels (>120mg/dl). CARDS, in combination with the other statin trials, provide conclusive evidence that statin therapy will reduce cardiovascular events in patients with diabetes. Of note the benefits of statin therapy are seen in patients with diabetes in both primary and secondary prevention trials.

Intensive Statin Therapy

A few studies have compared the effect of different magnitudes of LDL lowering with statins on the reduction in cardiovascular events in patients with diabetes. The Post-CABG study compared very low dose lovastatin (2.5-5.0mg per day) vs. high dose lovastatin (40-80mg per day) in 1,351 subjects post bypass surgery [31]. Approximately 10% of patients in this trial had diabetes. Starting LDL cholesterol levels were between 130-174mg/dl. As expected the high dose of lovastatin reduced LDL cholesterol levels to a much greater degree than the low dose lovastatin (low dose LDL approx 135 vs. high dose LDL approx 95). The main comparison in this trial was the change in atherosclerosis in the grafts measured by comparing baseline angiography to angiography after 4.3 years. In the entire population the mean percentage of grafts with progression of atherosclerosis was 27 percent in the high dose lovastatin group and 39 percent in the low dose lovastatin group. Additionally, the rate of revascularization was reduced by 29 percent in the high dose lovastatin group. When the patients with diabetes were analyzed separately, similar beneficial effects were observed. These results indicate that lowering LDL to less than 100mg/dl would slow the angiographic changes to a greater extent than lowering the LDL to 135mg/dl. Of note though is that even with LDL levels less than 100mg/dl progression of atherosclerosis still occurred.

Studies have compared reductions of LDL to approximately 100mg/dl to more aggressive reductions in LDL. The Reversal Trial studied 502 symptomatic coronary artery disease patients with an average LDL of 150mg/dl [32]. Approximately 19% of the patients in this trial had diabetes. Patients were randomized to moderate LDL lowering therapy with pravastatin 40mg per day or to aggressive lipid lowering with atorvastatin 80mg per day. As expected LDL levels were considerably lower in the atorvastatin treated group (pravastatin LDL= 110 vs. atorvastatin LDL= 79mg/dl). Most importantly, when one analyzed the change in atheroma volume determined after 18 months of therapy using intravascular ultrasound, the group treated aggressively with atorvastatin had a much lower progression rate than the group treated with pravastatin. Compared with baseline values, patients treated with atorvastatin had no change in atheroma burden (there was a very slight regression of lesions), whereas patients treated with pravastatin showed progression of lesions. When one compares the extent of the reduction in LDL cholesterol to the change in atheroma volume, a 50% reduction in LDL

(LDL levels of approximately 75mg/dl) resulted in the absence of lesion progression. This study suggests that lowering the LDL to levels well below 100mg/dl is required to prevent disease progression as measured by intravascular ultrasound. Other studies, such as Asteroid, have shown that marked reductions in LDL (in Asteroid mean LDL cholesterol levels were 61mg/dl) can even result in the regression of atherosclerosis determined by intravascular ultrasound measurements [33]. Recently the Saturn trial demonstrated that aggressive lipid lowering with either atorvastatin 80mg or rosuvastatin 40mg would induce regression of coronary artery atherosclerosis to a similar degree in patients with and without diabetes if the LDL levels were reduced to less than 70mg/dl [34]. Together these trials indicate that aggressive lowering of LDL levels to below 70mg/dl can induce regression of atherosclerotic lesions.

The Prove-It trial determined in patients recently hospitalized for an acute coronary syndrome whether aggressively lowering of LDL cholesterol with atorvastatin 80mg per day vs. moderate LDL lowering with pravastatin 40mg per day would have a similar effect on cardiovascular end points such as death, myocardial infarction, documented unstable angina requiring hospitalization, revascularization, or stroke [35, 36]. In this trial approximately 18% of the patients were diabetic. As expected, the on-treatment LDL cholesterol levels were significantly lower in patients aggressively treated with atorvastatin compared to the moderate treated pravastatin group (atorvastatin LDL= approximately 62 vs. pravastatin LDL= approximately 95mg/dl). Of great significance, death or major cardiovascular events was reduced by 16% over the two years of the study in the group aggressively treated with atorvastatin. Moreover, the risk reduction in the patients with diabetes in the aggressive treatment group was similar to that observed in non-diabetics.

In the treating to new targets trial (TNT) patients with stable coronary heart disease and LDL cholesterol levels less than 130mg/dl were randomized to either 10mg or 80mg atorvastatin and followed for 4.9years [37, 38]. Approximately 15% of the patients had diabetes. As expected LDL cholesterol levels were lowered to a greater extent in the patients treated with 80mg atorvastatin than with 10mg atorvastatin (77mg/dl vs. 101mg/dl). Impressively, the occurrence of major cardiovascular events was reduced by 22% in the group treated with atorvastatin 80mg ($p<0.001$). In the patients with diabetes events were reduced by 25% in the high dose statin group. Once again the risk reduction in the patients with diabetes randomized to the aggressive treatment group was similar to that observed in non-diabetics.

Finally, the IDEAL trial was a randomized study that compared atorvastatin 80mg vs. simvastatin 20-40mg in 8,888 patients with a history of cardiovascular disease [39]. Approximately 12% of the patients had diabetes. As expected LDL cholesterol levels were reduced to a greater extent in the atorvastatin treated group than the simvastatin treated group (approximately 104mg/dl vs. 81mg/dl). Once again the greater reduction in LDL cholesterol levels was associated with a greater reduction in cardiovascular events. Specifically, major coronary events defined as coronary death, nonfatal myocardial infarction, or cardiac arrest was reduced by 11% ($p=0.07$) while nonfatal acute myocardial infarctions were reduced by 17% ($p=0.02$).

Combining the results of the Heart Protection Study, CARDS, Reversal, Prove-It, TNT, and IDEAL leads one to the conclusion that aggressive lowering of LDL cholesterol with statin therapy will be beneficial and suggests that in high risk patients lowering the LDL to levels well below 100mg/dl is desirable. Recently the cholesterol treatment trialists reviewed five trials with 39,612 subjects that were designed to determine the effect of usual vs. aggressive reductions in LDL cholesterol [40]. They reported that intensive control (approximately a 19mg/dl difference in LDL cholesterol) resulted in a 15% decrease in major vascular events, a 13% reduction in coronary death or non-fatal MI, a 19% decrease in coronary revascularization, and a 16% decrease in strokes. As will be discussed below treatment guidelines reflect the results of these studies.

Fibrates

The beneficial effect of monotherapy with fibrates (e.g. gemfibrozil, fenofibrate) on cardiovascular disease in patients with diabetes is shown in Table 2. While the data are not as strong as with statins, the results of these randomized trials suggest that this class of drug also reduces cardiovascular events in patients with diabetes. The largest trial was the Field Trial [41]. In this trial, patients with type 2 diabetes between the ages of 50 and 75 not taking statin therapy were randomized to fenofibrate or placebo and followed for approximately 5 years. Fenofibrate therapy resulted in a 12% decrease in LDL cholesterol, a 29% decrease in triglycerides and a 5% increase in HDL. Coronary events (coronary heart disease death and non-fatal MI) were reduced by 11% in the fenofibrate group ($p=0.16$). However, there was a 24% decrease in non-fatal MI in the fenofibrate treated group ($p=0.01$) and a non-significant increase in coronary heart disease mortality. Total cardiovascular disease events (coronary events plus stroke and coronary or carotid revascularization) were reduced 11% ($p=0.035$). These beneficial effects of fenofibrate therapy on cardiovascular disease were observed in patients without a previous history of cardiovascular disease. In patients with a previous history of cardiovascular disease no benefits were observed. The beneficial effects of fenofibrate in this study may have been muted by the increased use of statins in the placebo group, which reduced the differences in lipid levels between the placebo and fenofibrate groups. If one adjusted for the addition of lipid-lowering therapy, fenofibrate reduced the risk of coronary heart disease events by 19% ($p=0.01$) and of total cardiovascular disease events by 15% ($p=0.004$). The mechanism by which fibrates reduce cardiovascular events is unclear. These drugs lower serum triglyceride levels and increase HDL cholesterol, but it should be recognized that the beneficial effects of fibrates could be due to other actions of these drugs. Specifically, these drugs activate PPAR alpha, which is present in the cells that comprise the atherosclerotic lesions, and it is possible that these compounds directly affect lesion formation and development. In addition, fibrates are anti-inflammatory. In fact, analysis of the VA-HIT study suggested that much of the benefit of fibrate therapy was not due to changes in serum lipoprotein levels [42, 43]. To summarize, while in general the studies to date suggest that monotherapy with fibrates reduce cardiovascular disease in patients with diabetes, the results are not as robust or consistent as seen in the statin trials. Of note fibrate therapy

was most effective in patients with increased triglyceride levels and decreased HDL levels, a lipid profile typically seen in patients with type 2 diabetes .

Table 2. Fibrate Trials-Diabetic Subgroup

Study	Drug	#Diabetic subjects	% Decrease	
			controls	diabetics
Helsinki Heart Study	Gemfibrozil	135	34	60*
VA-HIT	Gemfibrozil	620	24	24
DIAS	Fenofibrate (Tricor)	418	-	33*
Sendcap	Bezafibrate	164	-	70

* Not statistically significant

Niacin

A single randomized trial, the Coronary Drug Project, has examined the effect of niacin monotherapy on cardiovascular outcomes [44]. This trial was carried out from 1966 to 1974 (before the introduction of statin therapy) in men with a history of a prior myocardial infarction and demonstrated that niacin therapy reduced cardiovascular events. The results of this study were re-analyzed to determine the effect of niacin therapy in subjects with varying baseline fasting and 1-hour post meal glucose levels [45]. It was noted that 6 years of niacin therapy reduced the risk of coronary heart disease death or nonfatal MI by approximately 15-25% regardless of baseline fasting or 1 hour post glucose challenge glucose levels. Particularly notable is that reductions in events were seen in the subjects who had a fasting glucose levels >126mg/dl or 1 hour glucose levels >220mg/dl (i.e. patients with diabetes). Thus, based on this single study, niacin reduces cardiovascular events both in normal subjects and patients with diabetes.

Other Drugs

With regards to ezetimibe and the bile resin binders, there have been no randomized studies that have examined the effect of these drugs on cardiovascular end points in subjects with diabetes. In non-diabetic subjects bile resin binders have reduced cardiovascular events [46, 47]. Since bile resin binders have a similar beneficial impact on serum lipid levels in diabetic and non-diabetic subjects one would anticipate that these drugs would also result in a reduction in events in the diabetic population. There are no outcome studies with ezetimibe monotherapy but given that this drug reduces LDL cholesterol levels and in combination with statins reduces cardiovascular events

one would anticipate that ezetimibe monotherapy will also reduce cardiovascular events.

Combination Therapy

The studies with statins have been so impressive that most patients with diabetes over the age of 40 are routinely treated with statin therapy and younger patients with diabetes at high risk for cardiovascular disease are also typically on statin therapy. Therefore a key issue is whether the addition of other lipid lowering drugs to statins will result in a further reduction in cardiovascular events.

Statins + Fibrates

The ACCORD-LIPID trial was designed to determine if the addition of fenofibrate to aggressive statin therapy would result in a further reduction in cardiovascular disease in patients with type 2 diabetes [48]. In this trial, 5,518 patients on statin therapy were randomized to placebo or fenofibrate therapy. The patients had diabetes for approximately 10 years and either had pre-existing cardiovascular disease or were at high risk for developing cardiovascular disease. During the trial, LDL cholesterol levels were approximately 80mg/dl. There was only a small difference in HDL with the fenofibrate groups mean HDL 41.2mg/dl while the control group had an HDL of 40.5mg/dl. Differences in triglyceride levels were somewhat more impressive with the fenofibrate group having a mean triglyceride level of 122mg/dl while the control group had a triglyceride level of 144mg/dl. First occurrence of nonfatal myocardial infarction, nonfatal stroke, or death from cardiovascular causes was the primary outcome and there was no statistical difference between the fenofibrate treated group and the placebo group. Additionally, there were also no statistically significant differences between the groups with regards to any of the secondary outcome measures of cardiovascular disease. Of note, the addition of fenofibrate to statin therapy did not result in an increase in either muscle or liver side effects. On further analysis there was a possible benefit of fenofibrate therapy in the patients in which the baseline triglyceride levels were elevated (>204mg/dl) and HDL levels decreased (<34mg/dl). In the fibrate monotherapy trials, this same group of patients also derived the greatest benefit of fibrate therapy. Future fibrate statin combination therapy trials will need to focus on patients with high triglycerides and low HDL levels. Finally, similar to what has been reported in other trials, fenofibrate had beneficial effects on the progression of microvascular disease [49, 50]. While this was a negative study, it must be recognized that most of the patients included in this study did not have the lipid profile that would typically lead to treatment with fibrates.

Statins + Niacin

The AIM-HIGH trial was designed to determine if the addition of niaskan to aggressive statin therapy would result in a further reduction in cardiovascular events in patients with pre-existing cardiovascular disease [51]. In this trial 3,314 patients were randomized to niaskan vs. placebo. Approximately 33% of the patients had diabetes. On trial, LDL levels were in the 60-70mg/dl range in both groups. As expected HDL levels were increased in the niaskan treated group (approximately 44mg/dl vs. 38mg/dl), while triglycerides were decreased (approximately 121mg/dl vs. 155mg/dl). However, there were no differences in the primary endpoint between the control and niaskan treated groups (Primary endpoint consisted of the first event of death from coronary heart disease, nonfatal myocardial infarction, ischemic stroke, hospitalization for an acute coronary syndrome, or symptom-driven coronary or cerebral revascularization). There were also no differences in secondary endpoints except for a possible increase in strokes in the niaskan treated group. The addition of niaskan to statin therapy did not result in a significant increase in either muscle or liver toxicity. Thus, this study does not provide support for the addition of niacin to statins. However, it should be recognized that this was a relatively small study and a considerable number of patients stopped taking the niaskan during the course of the study (25.4% of patients discontinued niaskan therapy). In addition, most of the patients included in this study did not have a lipid profile that one would typically consider treating with niacin therapy. In the subset of patients with TG > 198mg/dl and HDL < 33mg/dl niacin showed a trend towards benefit (hazard ratio 0.74; p=0.073) in this study, suggesting that if the appropriate patient population was studied the results may have been different [52].

HPS 2 Thrive also studied the effect of niacin added to statin therapy [53]. This trial utilized extended release niacin combined with laropiprant, a prostaglandin D₂ receptor antagonist that reduces the flushing side effect of niacin treatment. HPS 2 Thrive was a very large trial with over 25,000 patients randomized to either niacin therapy or placebo. Approximately 32% of the patients in this trial had diabetes. The LDL cholesterol level was 63mg/dl, the HDL 44mg/dl, and the triglycerides 125mg/dl at baseline. As expected, niacin therapy resulted in a modest reduction in LDL (10mg/dl), a modest increase in HDL (6mg/dl), and a marked reduction in triglycerides (33mg/dl). However, despite these lipid changes there were no significant differences in major cardiovascular events between the niacin and control group (risk ratio 0.96 CI 0.90- 1.03). It is unknown whether laropiprant, the prostaglandin D₂ receptor antagonist, might have effects that worsen atherosclerosis and increase event rates. Similar to the ACCORD-LIPID and AIM-HIGH studies the group of patients included in the HPS 2 Thrive trial may not have been the ideal patient population to test for the beneficial effects of niacin treatment added to statin therapy. Ideally, patients with high triglycerides and high non-HDL cholesterol levels coupled with low HDL levels should be studied.

Statins + Ezetimibe

Finally, the IMPROVE-IT trial tested whether the addition of ezetimibe to statin therapy will provide an additional beneficial effect in patients with the acute coronary syndrome (presented at AHA meeting Nov 2014). This was a large trial with over 18,000 patients

randomized to statin therapy vs. statin therapy + ezetimibe. Approximately 27% of the patients in this trial had diabetes. On treatment LDL cholesterol levels were 70mg/dl in the statin alone group vs. 53mg/dl in the statin + ezetimibe group. There was a small but significant 6.4% decrease in major cardiovascular events (Cardiovascular death, MI, documented unstable angina requiring rehospitalization, coronary revascularization, or stroke) in the statin + ezetimibe group (HR 0.936 CI (0.887, 0.988) p=0.016). Cardiovascular death, non-fatal MI, or non-fatal stroke were reduced by 10% (HR 0.90 CI (0.84, 0.97) p=0.003). These beneficial effects were particularly pronounced in the patients with diabetes. The results of this study have a number of important implications. First, it demonstrates that combination therapy may have benefits above and beyond statin therapy alone. Second, it provides further support for the hypothesis that lowering LDL *per se* will reduce cardiovascular events. Third, it suggests that lowering LDL levels into the 50s will have benefits above and beyond lowering LDL levels to the 70mg/dl range. These new results have implications for determining goals of therapy.

CURRENT GUIDELINES FOR SERUM LIPIDS

There are a number of different guidelines for treating lipids in patients with diabetes. The American College of Cardiology and American Heart Association (ACC/AHA) recommend that patients with both type 1 and type 2 diabetes between 40 and 75 years of age be treated with statin therapy [54]. If the estimated 10 year risk of developing a cardiovascular event is > 7.5% they recommend intensive statin therapy (atorvastatin 40-80mg or rosuvastatin 20-40mg). If the 10 year cardiovascular risk is < 7.5% they recommend moderate statin therapy (for example atorvastatin 10-20mg, simvastatin 20-40mg, pravastatin 40mg). Cardiovascular risk can be determined using a calculator that is available at <http://my.americanheart.org/cvriskcalculator> or can be downloaded as an app for a smart phone or tablet. The ACC/AHA do not recommend any specific LDL goal but rather to just treat with statin therapy. The ACC/AHA guidelines do not recommend the treatment with drugs other than statins, but these guidelines were published before the results of the IMPROVE-IT trial were known.

The 2014 American Diabetes Association (ADA) recommends that adult patients with diabetes have their lipid profile determined yearly [55]. This profile includes total cholesterol, HDL cholesterol, triglycerides, and calculated LDL cholesterol. If the triglyceride level is high a direct LDL measurement should be strongly considered. If values are at low-risk levels (LDL <100 mg/dl, triglycerides <150 mg/dl, and HDL >50 mg/dl), assessment may be repeated every 2 years.

ADA 2014 recommendations are as follows [55]. Lifestyle modification including a reduction in saturated fat, trans fat, and cholesterol intake, weight loss if indicated, and increased physical activity is indicated in all patients with diabetes. Statin therapy should be added to lifestyle therapy, regardless of baseline lipid levels, in diabetic patients with overt cardiovascular disease or patients over age 40 who have one or

more other cardiovascular risk factors. For individuals with no overt cardiovascular disease and under age 40 statin therapy should be considered if LDL remains above 100mg/dl after lifestyle changes or patient has multiple cardiovascular risk factors. For patients without overt cardiovascular disease the LDL goal is <100mg/dl. In individuals with overt cardiovascular disease a LDL goal < 70mg/dl is an option. If one follows these recommendations almost all patients with diabetes over the age of 40 will be on statin therapy and many, if not most, under the age of 40 will also be treated with statins. Note that many patients with LDL levels less than 100mg/dl will still require statin therapy. For example a patient with overt cardiovascular disease and an LDL of 95mg/dl should be treated with statin therapy. Similarly, a 60 year old male with diabetes and more than one other cardiovascular risk factor should also be treated with statin therapy even if his LDL is <100mg/dl. Triglyceride levels <150mg/dl and HDL cholesterol levels > 40mg/dl in men and >50mg/dl in women are desirable.

The 2015 ADA recommendations were altered to correspond more closely with the ACC/AHA guidelines [56]. The recommendations for statin therapy are shown in table 3. Combination therapy is not generally recommended in these new guidelines. Additionally, laboratory follow-up with goal lipid levels is also not emphasized. Laboratory testing can be used to monitor adherence.

Table 3: Recommendations for statin treatment in people with diabetes

Age	Risk Factors	Statin Dose*	Monitoring Lipid
<40	None	None	Annually
<40	CVD risk factors**	Moderate/High	As needed to monitor adherence
<40	Overt CVD***	High	As needed to monitor adherence
40-75	None	Moderate	As needed to monitor adherence
40-75	CVD risk factors	High	As needed to monitor adherence
40-75	Overt CVD	High	As needed to monitor adherence
>75	None	Moderate	As needed to monitor adherence
>75	CVD risk factors	Moderate/High	As needed to monitor adherence
>75	Overt CVD	High	As needed to monitor adherence

*In addition to lifestyle therapy

** CVD risk factors include LDL cholesterol > 100mg/dl, high blood pressure, smoking, and overweight/obesity

*** Angina, MI, stroke, TIA, or PVD

The National Lipid Association (NLA) has treatment goals for patients with diabetes [57]. In patients with type 1 or type 2 diabetes with pre-existing atherosclerotic cardiovascular disease, two or more risk factors for atherosclerotic cardiovascular disease (risk factors are age >45 for males, >55 for females; family history of early coronary heart disease; current cigarette smoking; high blood pressure >140/>90 mm HG; or low HDL < 40mg/dl males, < 50mg/dl females), or evidence of end organ damage (retinopathy, albumin/creatinine ratio > 30mg/g, or chronic kidney disease) the goal LDL is <70mg/dl and the goal non-HDL cholesterol is < 100mg/dl. In patients with diabetes with 0-1 risk

factors and no end organ damage, the LDL goal is < 100mg/dl and the non-HDL cholesterol goal is < 130mg/dl. The NLA guidelines recommend considering drug therapy if a patient with diabetes is not at goal.

Thus, different organizations have proposed somewhat different recommendations for the treatment of lipids in patients with diabetes. Despite these differences it is clear that the vast majority of patients with diabetes will need to be treated with statins regardless of which guidelines one elects to follow.

One approach is to combine these recommendations. Begin with the ACC/AHA approach and calculate the 10 year risk of developing cardiovascular disease in patients 40-75 years of age without pre-existing cardiovascular disease. Initiate intensive statin therapy if the 10 year risk is > 7.5% or moderate statin therapy if the risk is < 7.5%. In patients with diabetes who have pre-existing cardiovascular disease initiate intensive statin therapy. Eight to twelve weeks after initiating statin therapy obtain a lipid panel to determine if the LDL and non-HDL cholesterol levels are at goal. In patients with pre-existing cardiovascular disease or multiple risk factors the goal should be an LDL < 70mg/dl and a non HDLc < 100mg/dl. In patients that are not at high risk the goal should be an LDL < 100mg/dl and a non-HDLc < 130mg/dl. If the levels are not at goal either adjust the statin dose or consider adding additional medications. In patients with diabetes less than 40 years of age initiate statin therapy if the patient has multiple risk factors for cardiovascular disease and the LDL and non-HDL cholesterol levels are not at goal.

TREATMENT OF LIPID ABNORMALITIES IN PATIENT WITH DIABETES

Life Style Changes

Initial treatment of lipid disorders should focus on lifestyle changes. There is little debate that exercise is beneficial and that all patients with diabetes should, if possible, exercise for at least 150 minutes per week (for example 30 minutes 5 times per week). Exercise will decrease serum triglyceride levels and increase HDL cholesterol levels (an increase in HDL requires vigorous exercise).

Diet is debated to a greater extent. Everyone agrees that weight loss in obese patients is essential. But how this can be achieved is hotly debated with many different "experts" advocating different approaches. The wide diversity of approach is likely due to the failure of any approach to be effective in the long term for the majority of obese patients with diabetes. If successful, weight loss will decrease serum triglyceride levels, increase HDL cholesterol levels, and modestly reduce LDL cholesterol. To reduce LDL cholesterol levels it is important that the diet decrease saturated fat, trans fatty acids, and cholesterol intake. Increasing soluble fiber is also helpful.

It is debated whether a low fat, high complex carbohydrate diets vs. a high monounsaturated fat diet is ideal for obese patients with diabetes. One can find "experts" in favor of either of these approaches and there are pros and cons to each approach. It is essential to recognize that both approaches reduce simple sugars, saturated fat, trans fatty acids, and cholesterol intake. The high complex carbohydrate diet will increase serum triglyceride levels in some patients and if the amount of fat in the diet is markedly reduced serum HDL levels may decrease. In obese patients it has been postulated that a diet high in monounsaturated fats, because of the increase in caloric density, will lead to an increase in weight gain. Both diets reduce saturated fat and cholesterol intake that will result in reductions in LDL cholesterol levels. Additionally, both of these diets also reduce trans-fatty acid intake, which will have a beneficial effect on LDL and HDL cholesterol levels and simple sugars, which will have a beneficial effect on triglyceride levels. Recently there has been increased interest in low carbohydrate, increased protein diets. Short-term studies have indicated that weight loss is superior with this diet; however longer studies have demonstrated a similar weight loss to that observed with conventional diets. The major concern with the low carbohydrate, high protein diet is that they tend to be high in saturated fats and cholesterol. Additionally, there may also be an increased risk of progression of kidney disease in patients with pre-existing kidney disease. In the short-term studies during active weight loss this has not resulted in major perturbations in serum cholesterol levels, but there is concern that when weight becomes stable these diets might adversely affect serum cholesterol levels. The available data do not indicate that any particular diet is best for inducing weight loss and it is essential to adapt the diet to fit the food preferences of the patient. Ultimately no weight loss diet will be successful if the patient cannot follow the diet for the long term.

Effect of Diet on Cardiovascular Outcomes

While it is widely accepted that lifestyle changes will decrease cardiovascular events it should be recognized that the Look Ahead trial failed to demonstrate a reduction in cardiovascular events [58]. In this trial, over 5000 overweight or obese patients with type 2 diabetes were randomized to either an intensive lifestyle intervention group that promoted weight loss through decreased caloric intake and increased physical activity or to a group that received diabetes support and education (control group). After a median follow-up of 9.6 years there was no difference in cardiovascular events (hazard ratio in the intervention group, 0.95; 95% CI 0.83 to 1.09; P=0.51). A limitation of this study was that while the weight difference between groups was impressive during the first year of the trial, over time the differences greatly narrowed such that at the end of the trial the intensive group had a 6.0% weight loss while the control group had a 3.5% weight loss. This very modest difference demonstrates the difficulty in sustaining long term lifestyle changes. Thus, while weight loss and diet therapy are likely to be beneficial in reducing cardiovascular events, in clinical practice they are seldom sufficient because long-term life style changes are very difficult for most patients to maintain.

In contrast to the failure of lifestyle therapy in the Look Ahead trial to reduce cardiovascular events, the PREDIMED trial employing a Mediterranean diet did reduce the incidence of major cardiovascular disease [59]. In this multicenter trial, carried out in Spain, over 7000 patients at high risk for developing cardiovascular disease were randomized to three diets (primary prevention trial). A Mediterranean diet supplemented with extra-virgin olive oil, a Mediterranean diet supplemented with mixed nuts, or a control diet. Approximately 50% of the patients in this trial had type 2 diabetes. In the patients assigned to the Mediterranean diets there was 29% decrease in the primary end point (myocardial infarction, stroke, and death from cardiovascular disease). Subgroup analysis demonstrated that the Mediterranean diet was equally beneficial in patients with and without diabetes. The Mediterranean diet resulted in small but significant increase in HDL levels and a small decrease in both LDL and triglyceride levels [60]. A secondary prevention trial of a Mediterranean diet has also demonstrated a reduction in cardiovascular events. The Lyon Diet Heart Study randomized 584 patients who had a myocardial infarction within 6 months to a Mediterranean type diet vs usual diet [61, 62]. There was a marked reduction in events in the group of patients randomized to the Mediterranean diet (cardiac death and nonfatal myocardial infarction rate was 4.07 per 100 patient years in the control diet vs. 1.24 in the Mediterranean diet $p < 0.0001$). Unfortunately there is no indication of the number of patients with diabetes in the Lyon Diet Heart Study and whether patients with diabetes responded similar to the entire group. Lipid levels were similar in both groups in this trial [61]. The results of these two trials indicate that we should be encouraging our patients to follow a Mediterranean type diet.

With the currently available weight loss drugs only modest effects on weight and lipid levels have been observed. In some patients weight loss drugs may be a useful adjuvant to diet therapy. Bariatric surgery can have profound effects on weight and can result in improvements in lipid profiles.

Effect of Dietary Constituents

Ethanol and simple sugars, in particular fructose, increase serum triglyceride levels in susceptible patients. In patients with hypertriglyceridemia efforts should be made to reduce the intake of ethanol, simple sugars, and fructose.

Lastly, in the past some "experts" advocated the addition of fish oil supplements to reduce cardiovascular events. However, the recent Origin Trial did not demonstrate that fish oil supplements were beneficial in patients with type 2 diabetes or patients at high risk for the development of type 2 diabetes [63]. In this trial over 12,000 patients were randomized to a 1 gram capsule containing at least 900 mg (90% or more) of ethyl esters of n-3 fatty acids or placebo daily. After a median follow-up of over 6 years there was no difference in major cardiovascular events. The results of this trial and other trials in patients without diabetes have indicated that routine fish oil supplementation is not protective for cardiovascular disease [64]. However, the Jelis Trial carried out in Japan did demonstrate that adding 1800mg of EPA to statin therapy reduced cardiovascular

events by approximately 19%, so it is possible that certain preparations of fish oil will have beneficial effects [65]. Notably, the Jelis trial was an open label trial and the control group did not receive a placebo. It should be noted that higher doses of fish oil lower serum triglyceride levels (~3-4 grams of DHA/EPA) and are useful in treating patients with high triglyceride levels. Most studies of fish oil in patients with diabetes have demonstrated that this is a safe approach, but an occasional study has reported worsening of glycemic control in patients with diabetes treated with fish oil supplements. Additionally, in some patient's high dose fish oil increases LDL cholesterol levels, particularly when serum triglyceride levels are very high.

Drug Therapy

The effect of statins, fibrates, niacin, ezetimibe, fish oil, and bile resin binders on lipid levels in patients with diabetes is virtually identical to that seen in the non-diabetic patients (Table 4).

Statins

Statins are easy to use and generally well tolerated by patients with diabetes. However, statins can adversely affect glucose homeostasis. In non-diabetics the risk of developing diabetes is increased by approximately 10% with higher doses of statin causing a greater risk than more moderate doses [66, 67]. The mechanism for this adverse effect is unknown but older, obese patients with higher baseline glucose levels are at greatest risk. In patients with diabetes, high dose statin therapy increased A1c levels by only 0.3% and thus are unlikely to cause major clinical problems [68]. Muscle symptoms occur in patients with diabetes similar to what is observed in patients without diabetes.

Ezetimibe

Ezetimibe is easy to use and generally well tolerated by patients with diabetes.

Fibrates

Fibrates are easy to use and generally well tolerated by patients with diabetes. When combining fibrates with statin therapy it is best to use fenofibrate as the risk of inducing myositis is much less than when statins are used in combination with gemfibrozil, which can inhibit statin metabolism. In the ACCORD-LIPID Trial the incidence of muscle disorders was not increased in the statin + fenofibrate group compared to statin alone [48]. The dose of fenofibrate needs to be adjusted in patients with renal disease and fenofibrate can induce a reversible increase in serum creatinine levels.

Bile resin binders

Bile resin binders are relatively difficult to take due to GI toxicity (mainly constipation). Diabetic subjects have an increased prevalence of constipation, which may be exacerbated by the use of bile resin binders. On the other hand, in diabetic patients with diarrhea the use of bile resin binders may be advantageous. Bile resin binders may also increase serum triglyceride levels, which can be a problem in patients with diabetes who are already hypertriglyceridemic. An additional difficulty in using bile resin binders is their potential for binding other drugs. Many drugs should be taken either two hours before or four hours after taking a bile resin binder to avoid the potential of decreased drug absorption. Diabetic patients are frequently on multiple drugs for glycemic control, hypertension, etc., and it can sometimes be difficult to time the ingestion of bile resin binders to avoid these other drugs. Colesevelam (Welchol) is a bile resin binder that comes in pill or powder form that causes fewer side effects and has fewer interactions with other drugs than other preparations. The usual dose is 3 pills twice a day with meals or 1 packet of powder in water or other liquids once a day with a meal. Of particular note is that a number of studies have shown that colesevelam improves glycemic control in patients with diabetes resulting in an approximately 0.5% decrease in A1c levels [69].

Niacin

Niacin is well known to cause skin flushing and itching and GI upset. Additionally, niacin reduces insulin sensitivity (i.e., causes insulin resistance), which can worsen glycemic control. Studies have shown that niacin is usually well tolerated in diabetic subjects who are in good glycemic control [70, 71]. In patients with poor glycemic control, niacin is more likely to adversely impact glucose levels. In the HPS2-Thrive trial, niacin therapy significantly worsened glycemic control in patients with diabetes and induced new onset diabetes in subjects that were non-diabetic [53]. High doses of niacin are more likely to adversely affect glycemic control. Niacin can also increase serum uric acid levels and induce gout, an abnormality that is already common in obese patients with type 2 diabetes. Additionally recent trials have reported an increased incidence of infection and bleeding with niacin therapy. However, niacin is the most effective drug in increasing HDL cholesterol levels, which are frequently low in patients with diabetes.

Fish oil

As noted above most studies of fish oil in patients with diabetes have demonstrated that this is a safe approach but an occasional study has reported worsening of glycemic control in patients with diabetes treated with fish oil supplements. Additionally, in some patients, particularly those with hypertriglyceridemia, high dose fish oil increases LDL cholesterol levels. It should be noted that fish oil products that contain just EPA (Vascepa) do not adversely affect LDL levels [72]. When using fish oil to lower serum

triglyceride levels it is important to recognize that one is aiming to provide 3-4 grams of DHA/EPA per day. The quantity of these active omega 3 fatty acids can vary greatly from product to product. Prescription fish oil products contain large amounts of these active ingredients whereas the amount of DHA/EPA in over the counter preparations can vary greatly and in some instances is very low.

Table 4. Effect of Lipid Lowering Drugs

	LDL	HDL	Triglycerides
*Patients with elevated TG have largest decrease			
** In patients with high TG may cause marked increase			
*** In some patients may increase LDL			
Statins	↓ 20-60%	↑ 5-15%	↓ 0-35%*
Bile acid binders	↓ 10-30%	↑ 0-10%	↑ 0-10%**
Fibrates	↓ 0-15%***	↑ 5-15%	↓ 20-50%
Niacin	↓ 10-25%	↑ 10-30%	↓ 20-50%
Ezetimibe	↓ 15-25%	↑ 1-3%	↓ 10-20%
High Dose Fish Oil	↑ 0- 50%**	↑ 4- 9%	↓ 20- 50%*

THERAPEUTIC APPROACH

The first priority in treating lipid disorders in patients with diabetes is to lower the LDL cholesterol levels to goal, unless triglycerides are markedly elevated (> 500-1000mg/dl), which increases the risk of pancreatitis. LDL is the first priority because the database linking lowering LDL with reducing cardiovascular disease is extremely strong and we now have the ability to markedly decrease LDL cholesterol levels. Dietary therapy is the initial step but in most patients will not be sufficient to achieve the LDL goals. If patients are willing and able to make major changes in their diet it is possible to achieve remarkable reductions in LDL cholesterol levels but this seldom occurs in clinical practice.

Statins are the first choice drugs to lower LDL cholesterol levels and the majority of diabetic patients will require statin therapy. There are several statins currently available in the US and one should be sure to choose a statin that is capable of lowering the LDL to goal. The effect of different doses of the various statins on LDL cholesterol levels is shown in Table 5. Currently four statins are available as generic drugs, lovastatin, pravastatin, atorvastatin, and simvastatin, and these statins are relatively inexpensive.

If a patient is unable to tolerate statins or statins as monotherapy are not sufficient to lower LDL to goal the second choice drug is ezetimibe. Ezetimibe can be added to any

statin and is now available in a combination pill with simvastatin (Vytorin) or atorvastatin (Lipitor). If additional LDL lowering is required or a patient cannot tolerate ezetimibe one could add a bile resin binder. Both ezetimibe and bile resin binders additively lower LDL cholesterol levels when used in combination with a statin, because the mechanism of action of these drugs is to increase hepatic LDL receptor levels thereby resulting in a reduction in serum LDL levels. Niacin and the fibrates also lower LDL cholesterol levels (see table 4).

Table 5. Comparative Efficacy of Available Statins

% LDL Reduction	Simvastatin (Zocor)	Atorvastatin (Lipitor)	Lovastatin (Mevacor)	Pravastatin (Pravachol)	Fluvastatin (Lescol)	Rosuvastatin (Crestor)
27	10	---	20	20	40	---
34	20	10	40	40	80	---
41	40	20	80	---	---	---
48	80	40	---	---	---	10
54	---	80	---	---	---	20
60	---	---	---	---	---	40

The second priority should be non-HDL cholesterol (non-HDL cholesterol = total cholesterol – HDL cholesterol), which is particularly important in patients with elevated triglyceride levels (>200mg/dl). Non-HDL cholesterol is a measure of all the pro-atherogenic apolipoprotein B containing particles. Numerous studies have shown that non-HDL cholesterol is a strong risk factor for the development of cardiovascular disease. The non-HDL cholesterol goals are 30mg/dl greater than the LDL cholesterol goals. For example, if the LDL goal is <100mg/dl then the non-HDL cholesterol goal would be <130mg/dl. Drugs that reduce either LDL cholesterol or triglyceride levels will reduce non-HDL cholesterol levels.

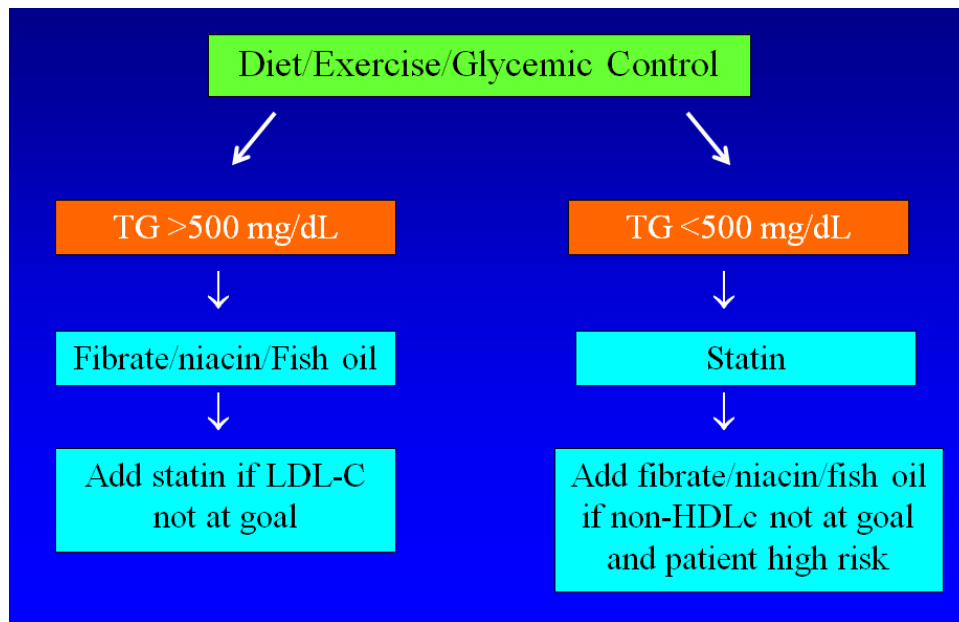
The third priority in treating lipid disorders is to increase HDL cholesterol levels. There is strong epidemiologic data linking low HDL cholesterol levels with cardiovascular disease but whether increasing HDL levels with drugs reduces cardiovascular disease is unknown. Life style changes are the initial step and include increased exercise, weight loss, and stopping cigarette smoking. The role of recommending ethanol, which increases HDL levels, is controversial but in patients who already drink moderately there is no reason to recommend that they stop. The most effective drug for increasing HDL levels is niacin (see Table 4), but studies have not demonstrated a reduction in cardiovascular events when niacin is added to statin therapy (see section on the effect of lipid lowering drugs on cardiovascular events for details). Fibrates and statins also raise HDL cholesterol levels but the increases are modest (usually less than 15%). Unfortunately, given the currently available drugs, it is very difficult to significantly increase HDL levels and in many of our diabetic patients we are unable to achieve HDL levels in the recommended range. Furthermore, whether this will result in a reduction in cardiovascular events is unknown.

The fourth priority in treating lipid disorders is to decrease triglyceride levels. Initial therapy should focus on glycemic control and lifestyle changes including a decrease in simple sugars and ethanol intake. Improving glycemic control can have profound effects on serum triglyceride levels. Fibrates, niacin, statins, and fish oil all reduce serum triglyceride levels (see Table 4). Typically, one will target triglyceride levels when one is trying to lower non-HDL cholesterol levels to goal. Patients with very high triglyceride levels (> 500-1000 mg/dl) are at risk of pancreatitis and therefore lifestyle and drug therapy should be initiated early.

Note that there is very limited evidence demonstrating that lowering triglyceride levels or increasing HDL levels reduces cardiovascular events.

Many diabetic patients have multiple lipid abnormalities. As discussed in detail above life style changes are the initial therapy. Additionally, improving glycemic control can lead to marked reductions in serum triglyceride levels and modest increases in HDL levels. If life style changes are not sufficient in patients with both elevations in LDL and triglycerides (and elevations in non-HDL cholesterol) one approach is to base drug therapy on the triglyceride levels (Figure 2). If the serum triglycerides are very high (greater than 500mg/dl), where there is an increased risk for pancreatitis and hyperviscosity syndromes, initial pharmacological therapy is directed at the elevated triglycerides and the initial drug choice is either a fibrate, niacin, or high dose fish oil (3 grams EPA/DHA per day). After lowering triglyceride levels to < 500mg/dl statin therapy should be initiated if the LDL and/or non-HDL cholesterol is not at goal. If the serum triglycerides are less than 500mg/dl, statin therapy to lower the LDL level to goal is the initial therapy (see Figure 2). Studies have demonstrated that statins are effective drugs in lowering triglyceride levels in patients with elevated triglycerides. In patients with low triglyceride levels statins do not greatly affect serum triglyceride levels. If the non-HDLc levels remain above goal after one reaches the LDL goal one should then consider combination therapy to lower triglyceride levels which will lower non-HDLc levels.

Figure 2. Combined Hyperlipidemia. Increased LDL and TG



Often monotherapy is not sufficient to completely normalize the lipid profile. For example, with statin therapy one may often lower the LDL to goal but the non HDLc, HDL, and triglycerides remain in the abnormal range. Currently, there are no randomized controlled trials demonstrating that combination therapy with fibrates or niacin reduces cardiovascular disease to a greater extent than statin monotherapy. In fact as noted above, three recent outcome studies adding either niacin or fenofibrate to statin therapy failed to demonstrate additional benefit (see section on the effect of lipid lowering drugs on cardiovascular events for details). However, many experts believe that further improvements in the lipid profile will be beneficial and that the studies completed so far should not be considered definitive as they had flaws such as not treating patients with the appropriate lipid profile. When using combination therapy one must be aware that the addition of either fibrates or niacin to statin therapy may increase the risk of myositis. The increased risk of myositis is greatest when gemfibrozil is used in combination with statins. Fenofibrate has a much more modest risk and the FDA approved the use of fenofibrate in combination with moderate doses of statins. Additionally, in the ACCORD LIPID trial the combination of simvastatin and fenofibrate was well tolerated. The increased risk with niacin appears to be very modest and there is even a combination pill containing lovastatin and niacin available (Advicor). In the AIM-HIGH trial the risk of myositis was not increased in patients on the combination of niaspan and statin, whereas in the HPS2-Thrive trial myopathy was increased in the group treated with the combination of statin and niacin. The absolute risks of combination therapy are relatively modest if patients are carefully selected; in many patients at high risk for cardiovascular disease combination therapy may be appropriate. One should be aware of the steps listed in Table 6 that can reduce the potential for toxicity when one uses combination therapy. As with many decisions in medicine one needs to balance the benefits of therapy with the risks of therapy and determine for the individual patient the best approach. In deciding to use combination therapy a key focus

is the non-HDLc level. When the LDL is at goal but the non-HDLc is still markedly above goal it may be appropriate to resort to combination therapy in patients at high risk.

Table 6. When to Use Combination Therapy

- Clinical Evidence of Arteriosclerosis
- High Risk Patient
 - Hypertension
 - Family History of CAD
 - Cigarettes
 - Proteinuria
 - Central Obesity
 - Inactivity
 - Elevated CRP
- No Contraindications
 - Renal or Liver Disease
 - Non-compliant patient
 - Use of other drugs that effect statin metabolism

In summary, modern therapy of patients with diabetes demands that we aggressively treat lipids to reduce the high risk of cardiovascular disease in this susceptible population and in those with very high triglycerides to reduce the risk of pancreatitis.

REFERENCES

1. Feingold, K.R. and M.D. Siperstein, Diabetic vascular disease. *Adv Intern Med*, 1986. **31**: p. 309-40.
2. Pyorala, K., M. Laakso, and M. Uusitupa, Diabetes and atherosclerosis: an epidemiologic view. *Diabetes Metab Rev*, 1987. **3**(2): p. 463-524.
3. Resnick, H.E. and B.V. Howard, Diabetes and cardiovascular disease. *Annu Rev Med*, 2002. **53**: p. 245-67.
4. Haffner, S.M., et al., Mortality from coronary heart disease in subjects with type 2 diabetes and in nondiabetic subjects with and without prior myocardial infarction. *N Engl J Med*, 1998. **339**(4): p. 229-34.
5. Kuusisto, J. and M. Laakso, Update on type 2 diabetes as a cardiovascular disease risk equivalent. *Curr Cardiol Rep*, 2013. **15**(2): p. 331.
6. Lind, M., et al., Glycemic control and excess mortality in type 1 diabetes. *N Engl J Med*, 2014. **371**(21): p. 1972-82.
7. de Ferranti, S.D., et al., Type 1 diabetes mellitus and cardiovascular disease: a scientific statement from the American Heart Association and American Diabetes Association. *Circulation*, 2014. **130**(13): p. 1110-30.
8. Wu, L. and K.G. Parhofer, Diabetic dyslipidemia. *Metabolism*, 2014. **63**(12): p. 1469-79.

9. Krauss, R.M., Lipids and lipoproteins in patients with type 2 diabetes. *Diabetes Care*, 2004. **27**(6): p. 1496-504.
10. Morgantini, C., et al., Anti-inflammatory and antioxidant properties of HDLs are impaired in type 2 diabetes. *Diabetes*, 2011. **60**(10): p. 2617-23.
11. Fanghanel, G., et al., Metformin's effects on glucose and lipid metabolism in patients with secondary failure to sulfonylureas. *Diabetes Care*, 1996. **19**(11): p. 1185-9.
12. Nagi, D.K. and J.S. Yudkin, Effects of metformin on insulin resistance, risk factors for cardiovascular disease, and plasminogen activator inhibitor in NIDDM subjects. A study of two ethnic groups. *Diabetes Care*, 1993. **16**(4): p. 621-9.
13. Robinson, A.C., et al., The effects of metformin on glycemic control and serum lipids in insulin-treated NIDDM patients with suboptimal metabolic control. *Diabetes Care*, 1998. **21**(5): p. 701-5.
14. Deeg, M.A., et al., Pioglitazone and rosiglitazone have different effects on serum lipoprotein particle concentrations and sizes in patients with type 2 diabetes and dyslipidemia. *Diabetes Care*, 2007. **30**(10): p. 2458-64.
15. Goldberg, R.B., et al., A comparison of lipid and glycemic effects of pioglitazone and rosiglitazone in patients with type 2 diabetes and dyslipidemia. *Diabetes Care*, 2005. **28**(7): p. 1547-54.
16. Ginsberg, H.N., Diabetic dyslipidemia: basic mechanisms underlying the common hypertriglyceridemia and low HDL cholesterol levels. *Diabetes*, 1996. **45 Suppl 3**: p. S27-30.
17. Goldberg, I.J., Clinical review 124: Diabetic dyslipidemia: causes and consequences. *J Clin Endocrinol Metab*, 2001. **86**(3): p. 965-71.
18. Xu, X., et al., Transcriptional control of hepatic lipid metabolism by SREBP and ChREBP. *Semin Liver Dis*, 2013. **33**(4): p. 301-11.
19. Feingold, K.R., Importance of small intestine in diabetic hypercholesterolemia. *Diabetes*, 1989. **38**(2): p. 141-5.
20. Memon, R.A., et al., Fatty acid synthesis in obese insulin resistant diabetic mice. *Horm Metab Res*, 1994. **26**(2): p. 85-7.
21. Jorgensen, A.B., et al., Loss-of-function mutations in APOC3 and risk of ischemic vascular disease. *N Engl J Med*, 2014. **371**(1): p. 32-41.
22. Tg, et al., Loss-of-function mutations in APOC3, triglycerides, and coronary disease. *N Engl J Med*, 2014. **371**(1): p. 22-31.
23. Gaudet, D., et al., Targeting APOC3 in the familial chylomicronemia syndrome. *N Engl J Med*, 2014. **371**(23): p. 2200-6.
24. Khovidhunkit, W., et al., Effects of infection and inflammation on lipid and lipoprotein metabolism: mechanisms and consequences to the host. *J Lipid Res*, 2004. **45**(7): p. 1169-96.
25. Lara-Castro, C., et al., Adiponectin and the metabolic syndrome: mechanisms mediating risk for metabolic and cardiovascular disease. *Curr Opin Lipidol*, 2007. **18**(3): p. 263-70.
26. Feingold, K.R. and C. Grunfeld, The acute phase response inhibits reverse cholesterol transport. *J Lipid Res*, 2010. **51**(4): p. 682-4.
27. Cholesterol Treatment Trialists, C., et al., Efficacy of cholesterol-lowering therapy in 18,686 people with diabetes in 14 randomised trials of statins: a meta-analysis. *Lancet*, 2008. **371**(9607): p. 117-25.
28. Collins, R., et al., MRC/BHF Heart Protection Study of cholesterol-lowering with simvastatin in 5963 people with diabetes: a randomised placebo-controlled trial. *Lancet*, 2003. **361**(9374): p. 2005-16.

29. Heart Protection Study Collaborative, G., MRC/BHF Heart Protection Study of cholesterol lowering with simvastatin in 20,536 high-risk individuals: a randomised placebo-controlled trial. *Lancet*, 2002. **360**(9326): p. 7-22.
30. Colhoun, H.M., et al., Primary prevention of cardiovascular disease with atorvastatin in type 2 diabetes in the Collaborative Atorvastatin Diabetes Study (CARDS): multicentre randomised placebo-controlled trial. *Lancet*, 2004. **364**(9435): p. 685-96.
31. Post Coronary Artery Bypass Graft Trial, I., The effect of aggressive lowering of low-density lipoprotein cholesterol levels and low-dose anticoagulation on obstructive changes in saphenous-vein coronary-artery bypass grafts. *N Engl J Med*, 1997. **336**(3): p. 153-62.
32. Nissen, S.E., et al., Effect of intensive compared with moderate lipid-lowering therapy on progression of coronary atherosclerosis: a randomized controlled trial. *JAMA*, 2004. **291**(9): p. 1071-80.
33. Nissen, S.E., et al., Effect of very high-intensity statin therapy on regression of coronary atherosclerosis: the ASTEROID trial. *JAMA*, 2006. **295**(13): p. 1556-65.
34. Stegman, B., et al., High-intensity statin therapy alters the natural history of diabetic coronary atherosclerosis: insights from SATURN. *Diabetes Care*, 2014. **37**(11): p. 3114-20.
35. Ahmed, S., et al., Acute coronary syndromes and diabetes: Is intensive lipid lowering beneficial? Results of the PROVE IT-TIMI 22 trial. *Eur Heart J*, 2006. **27**(19): p. 2323-9.
36. Cannon, C.P., et al., Intensive versus moderate lipid lowering with statins after acute coronary syndromes. *N Engl J Med*, 2004. **350**(15): p. 1495-504.
37. LaRosa, J.C., et al., Intensive lipid lowering with atorvastatin in patients with stable coronary disease. *N Engl J Med*, 2005. **352**(14): p. 1425-35.
38. Shepherd, J., et al., Effect of lowering LDL cholesterol substantially below currently recommended levels in patients with coronary heart disease and diabetes: the Treating to New Targets (TNT) study. *Diabetes Care*, 2006. **29**(6): p. 1220-6.
39. Pedersen, T.R., et al., High-dose atorvastatin vs usual-dose simvastatin for secondary prevention after myocardial infarction: the IDEAL study: a randomized controlled trial. *JAMA*, 2005. **294**(19): p. 2437-45.
40. Cholesterol Treatment Trialists, C., et al., Efficacy and safety of more intensive lowering of LDL cholesterol: a meta-analysis of data from 170,000 participants in 26 randomised trials. *Lancet*, 2010. **376**(9753): p. 1670-81.
41. Keech, A., et al., Effects of long-term fenofibrate therapy on cardiovascular events in 9795 people with type 2 diabetes mellitus (the FIELD study): randomised controlled trial. *Lancet*, 2005. **366**(9500): p. 1849-61.
42. Robins, S.J., et al., Relation of gemfibrozil treatment and lipid levels with major coronary events: VA-HIT: a randomized controlled trial. *JAMA*, 2001. **285**(12): p. 1585-91.
43. Rubins, H.B., et al., Diabetes, plasma insulin, and cardiovascular disease: subgroup analysis from the Department of Veterans Affairs high-density lipoprotein intervention trial (VA-HIT). *Arch Intern Med*, 2002. **162**(22): p. 2597-604.
44. Clofibrate and niacin in coronary heart disease. *JAMA*, 1975. **231**(4): p. 360-81.
45. Canner, P.L., et al., Benefits of niacin by glycemic status in patients with healed myocardial infarction (from the Coronary Drug Project). *Am J Cardiol*, 2005. **95**(2): p. 254-7.
46. The Lipid Research Clinics Coronary Primary Prevention Trial results. I. Reduction in incidence of coronary heart disease. *JAMA*, 1984. **251**(3): p. 351-64.
47. The Lipid Research Clinics Coronary Primary Prevention Trial results. II. The relationship of reduction in incidence of coronary heart disease to cholesterol lowering. *JAMA*, 1984. **251**(3): p. 365-74.

48. Accord Study Group, et al., Effects of combination lipid therapy in type 2 diabetes mellitus. *N Engl J Med*, 2010. **362**(17): p. 1563-74.
49. Accord Study Group, et al., Effects of medical therapies on retinopathy progression in type 2 diabetes. *N Engl J Med*, 2010. **363**(3): p. 233-44.
50. Keech, A.C., et al., Effect of fenofibrate on the need for laser treatment for diabetic retinopathy (FIELD study): a randomised controlled trial. *Lancet*, 2007. **370**(9600): p. 1687-97.
51. Aim High Investigators, et al., Niacin in patients with low HDL cholesterol levels receiving intensive statin therapy. *N Engl J Med*, 2011. **365**(24): p. 2255-67.
52. Guyton, J.R., et al., Relationship of lipoproteins to cardiovascular events: the AIM-HIGH Trial (Atherothrombosis Intervention in Metabolic Syndrome With Low HDL/High Triglycerides and Impact on Global Health Outcomes). *J Am Coll Cardiol*, 2013. **62**(17): p. 1580-4.
53. HPS Thrive Collaborative Group, et al., Effects of extended-release niacin with laropirant in high-risk patients. *N Engl J Med*, 2014. **371**(3): p. 203-12.
54. Stone, N.J., et al., 2013 ACC/AHA guideline on the treatment of blood cholesterol to reduce atherosclerotic cardiovascular risk in adults: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. *Circulation*, 2014. **129**(25 Suppl 2): p. S1-45.
55. American Diabetes, A., Standards of medical care in diabetes--2014. *Diabetes Care*, 2014. **37 Suppl 1**: p. S14-80.
56. American Diabetes, A., 8. Cardiovascular Disease and Risk Management. *Diabetes Care*, 2015. **38**(Supplement 1): p. S49-S57.
57. Jacobson, T.A., et al., National Lipid Association recommendations for patient-centered management of dyslipidemia: part 1 - executive summary. *J Clin Lipidol*, 2014. **8**(5): p. 473-88.
58. Look, A.R.G., et al., Cardiovascular effects of intensive lifestyle intervention in type 2 diabetes. *N Engl J Med*, 2013. **369**(2): p. 145-54.
59. Estruch, R., et al., Primary prevention of cardiovascular disease with a Mediterranean diet. *N Engl J Med*, 2013. **368**(14): p. 1279-90.
60. Estruch, R., et al., Effects of a Mediterranean-style diet on cardiovascular risk factors: a randomized trial. *Ann Intern Med*, 2006. **145**(1): p. 1-11.
61. de Lorgeril, M., et al., Mediterranean alpha-linolenic acid-rich diet in secondary prevention of coronary heart disease. *Lancet*, 1994. **343**(8911): p. 1454-9.
62. de Lorgeril, M., et al., Mediterranean diet, traditional risk factors, and the rate of cardiovascular complications after myocardial infarction: final report of the Lyon Diet Heart Study. *Circulation*, 1999. **99**(6): p. 779-85.
63. Investigators, O.T., et al., n-3 fatty acids and cardiovascular outcomes in patients with dysglycemia. *N Engl J Med*, 2012. **367**(4): p. 309-18.
64. Rizos, E.C., et al., Association between omega-3 fatty acid supplementation and risk of major cardiovascular disease events: a systematic review and meta-analysis. *JAMA*, 2012. **308**(10): p. 1024-33.
65. Yokoyama, M., et al., Effects of eicosapentaenoic acid on major coronary events in hypercholesterolaemic patients (JELIS): a randomised open-label, blinded endpoint analysis. *Lancet*, 2007. **369**(9567): p. 1090-8.
66. Preiss, D. and N. Sattar, Statins and the risk of new-onset diabetes: a review of recent evidence. *Curr Opin Lipidol*, 2011. **22**(6): p. 460-6.
67. Sattar, N., et al., Statins and risk of incident diabetes: a collaborative meta-analysis of randomised statin trials. *Lancet*, 2010. **375**(9716): p. 735-42.

68. Simsek, S., C.G. Schalkwijk, and B.H. Wolffenbuttel, Effects of rosuvastatin and atorvastatin on glycaemic control in Type 2 diabetes---the CORALL study. *Diabet Med*, 2012. **29**(5): p. 628-31.
69. Bays, H.E., Colesevelam hydrochloride added to background metformin therapy in patients with type 2 diabetes mellitus: a pooled analysis from 3 clinical studies. *Endocr Pract*, 2011. **17**(6): p. 933-8.
70. Elam, M.B., et al., Effect of niacin on lipid and lipoprotein levels and glycemic control in patients with diabetes and peripheral arterial disease: the ADMIT study: A randomized trial. *Arterial Disease Multiple Intervention Trial. JAMA*, 2000. **284**(10): p. 1263-70.
71. Grundy, S.M., et al., Efficacy, safety, and tolerability of once-daily niacin for the treatment of dyslipidemia associated with type 2 diabetes: results of the assessment of diabetes control and evaluation of the efficacy of niaspan trial. *Arch Intern Med*, 2002. **162**(14): p. 1568-76.
72. Weintraub, H., Update on marine omega-3 fatty acids: management of dyslipidemia and current omega-3 treatment options. *Atherosclerosis*, 2013. **230**(2): p. 381-9.