

3er DMP

Diabetes ist nicht nur Zucker: Neue ESC-Leitlinie zur Cholesterinsenkung

Einladung 12.3.2025

Dr. Michael Birgel

Mittwoch
15:00 Uhr bis 19:00 Uhr
Marlensaal am St. Vincenz-Hospital
Merheimer Straße 221-223, Köln

Interessenkonflikte

➤ Vortragstätigkeiten:

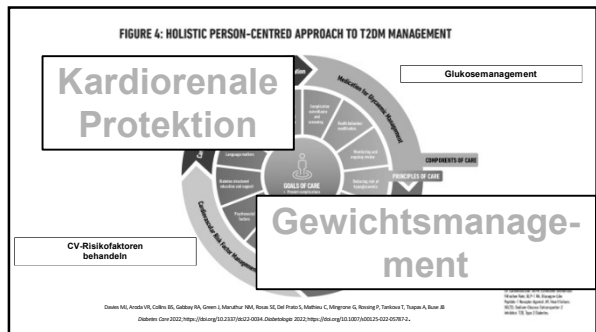
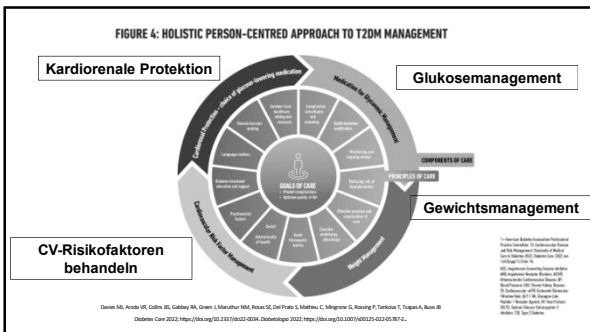
- Astra-Zeneca / Santis
- Berlin-Chemie
- Boehringer Ingelheim / Lilly
- Lilly
- Novo nordisc
- NSC
- Sanofi-Aventis

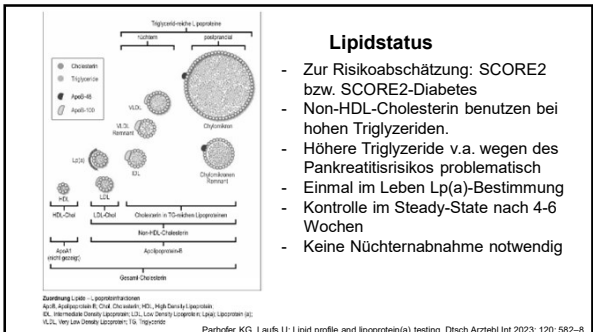
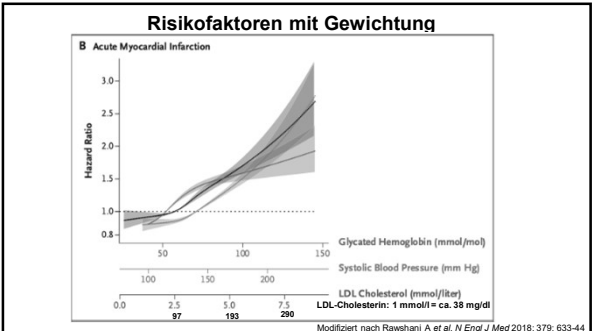
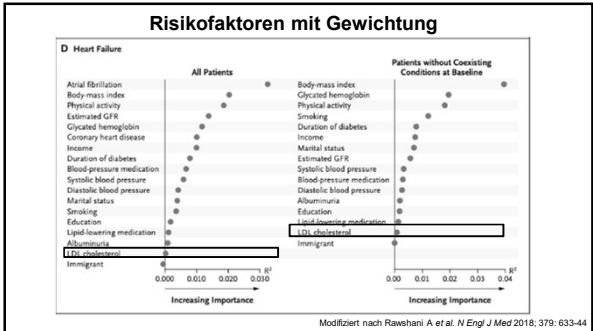
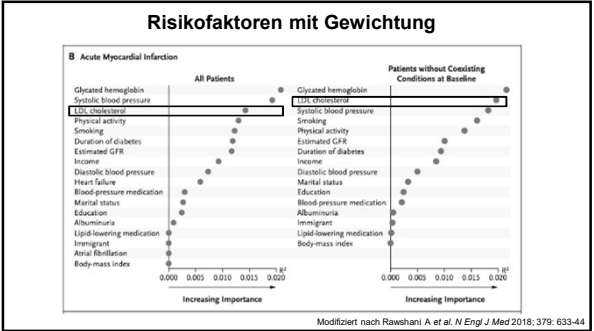
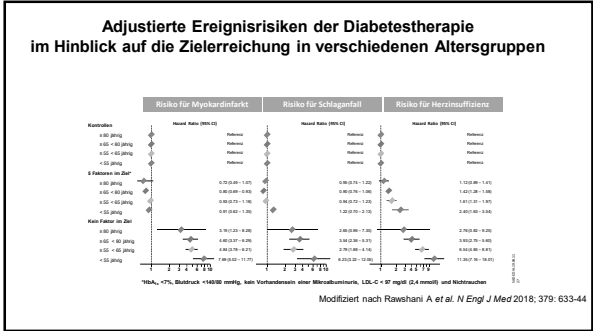
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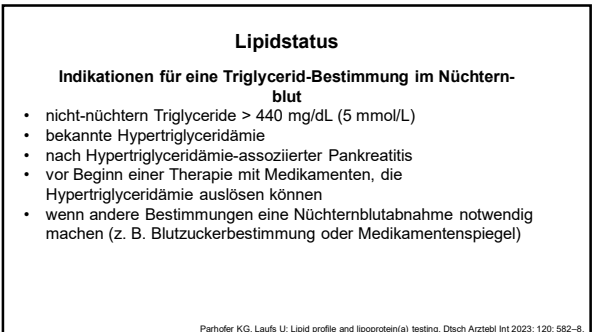
Agenda

- Rationale
- Beeinflussung des Cholesterinhaushaltes





- Zur Risikoabschätzung: SCORE2 bzw. SCORE2-Diabetes
- Non-HDL-Cholesterin benutzen bei hohen Triglyceriden.
- Höhere Triglyceride v.a. wegen des Pankreatitisrisikos problematisch
- Einmal im Leben Lp(a)-Bestimmung
- Kontrolle im Steady-State nach 4-6 Wochen
- Keine Nüchternabnahme notwendig



ESC
European Society
of Cardiology

European Heart Journal (2023) 44, 4043–4140

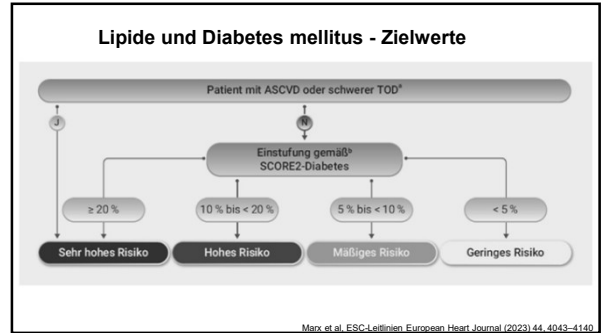
ESC GUIDELINES

2023 ESC Guidelines for the management of cardiovascular disease in patients with diabetes

Developed by the task force on the management of cardiovascular disease in patients with diabetes of the European Society of Cardiology (ESC)

Authors/Task Force Members: Nikolaus Marx ¹*, (Chairperson) (Germany), Massimo Federici ²*, (Chairperson) (Italy), Katharina Schütz ³, (Task Force Co-ordinator) (Germany), Dirk Müller-Wieland ⁴, (Task Force Co-ordinator) (Germany), Ramzi A. Ajan ⁵ (United Kingdom), Manuel J. Antunes ⁶ (Portugal), Ruxandra M. Christodorescu (Romania), Carolyn Crawford (United Kingdom), Emanuele Di Angelantonio ⁷ (United Kingdom/Italy), Björn Eliasson ⁸ (Sweden), Christine Espinola-Klein (Germany), Laurent Fauchier (France), Martin Halle ⁹ (Germany), William G. Herrington ¹⁰ (United Kingdom), Alexandra Kautzky-Willer ¹¹ (Austria), Ekaterini Lambrinou ¹² (Cyprus), Maciej Lesiak ¹³ (Poland), Maddalena Lettino ¹⁴ (Italy), Darren K. McGuire ¹⁵ (United States of America), Wilfried Mullens (Belgium), Bianca Rocca ¹⁶ (Italy), Naveed Sattar ¹⁷ (United Kingdom), and ESC Scientific Document Group

Marx et al. ESC



Lipide und Diabetes mellitus – Endorganschäden (TOD)

- GFR unter 45 ml/min
- GFR 45-60 ml/min + Mikroalbuminurie (UACR 30-300 mg/dl)
- Makroalbuminurie > UACR 300 mg/g
- Vorhandensein von drei mikrovaskulären Komplikationen (z.B. Mikroalbuminurie, Neuropathie, Retinopathie)

Marx et al. ESC-Leitlinien European Heart Journal (2023) 44, 4043–4140

ESC CVD Risk Calculation App

Individual cardiovascular risk assessment for healthcare professionals

Assess individual cardiovascular risk for different patient populations. Developed by the European Association of Preventive Cardiology, the ESC CVD Risk Calculation App provides guidance on which is the most appropriate calculator for your patient, as well as for 10 years or life-long risk.

Download the app

The app is available in the App Store and Google Play. Look for "ESC CVD Risk Calculation" in your store or click on your store icon below.

What's in the app

The ESC CVD Risk Calculation App is available in English. It is intended for healthcare professionals and includes calculators for primary and secondary prevention in various populations:

- SCORE2
- SCORE2-OP
- SCORE2-Diabetes
- ASCVD
- STROKE
- SMART
- SMART-REACH*
- ONLY*
- LIFE-CVD*

SCORE2-Diabetes

SCORE2-Diabetes

Personal risk profile

Country: Germany

Age: 54

App of diabetes diagnosis: Type 2

Systolic blood pressure (mmHg): 145

HDL cholesterol (mmol/L): 1.5

Total cholesterol (mmol/L): 220 mg

HDL cholesterol (mmol/L): 48 mg

eGFR (mL/min/1.73m²): 15

Calculate

SCORE2-Diabetes

Personal risk profile

Result: 8.1% (0.081) - Ohne Rauchen

Result: 12.3% (0.123) - Mit Rauchen

Grün: < 5% Risiko
Orange: 5-10% Risiko
Rot: 10-20% Risiko
Dunkelrot: > 20% Risiko

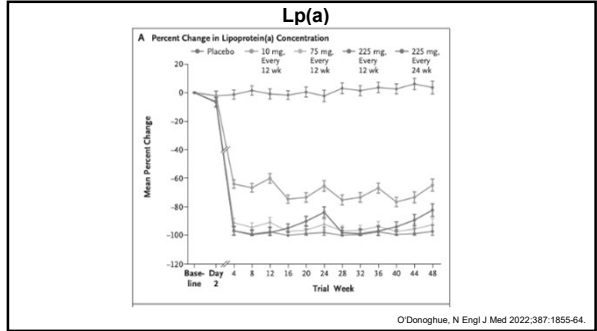
Lp(a)
The NEW ENGLAND JOURNAL of MEDICINE

ORIGINAL ARTICLE

Small Interfering RNA to Reduce Lipoprotein(a) in Cardiovascular Disease

Michelle L. O'Donoghue, M.D., M.P.H., Robert S. Rosenson, M.D.,
Baris Gencer, M.D., M.P.H., J. Antonio G. López, M.D., Norman E. Lepor, M.D.,
Seth J. Baum, M.D., Elmer Stout, M.D., Daniel Gaudet, M.D., Ph.D.,
Beat Knusel, Ph.D., Julia F. Kuder, M.A., Xinhui Ran, M.S.,
Sabina A. Murphy, M.P.H., Huei Wang, Ph.D., You Wu, Ph.D.,
Helina Kassahun, M.D., and Marc S. Sabatine, M.D., M.P.H.,
for the OCEAN(a)-DOSE Trial Investigators*

O'Donoghue, N Engl J Med 2022;387:1855-64.



Vielen Dank für Ihre Aufmerksamkeit