

Obesity 2016: Statins usage, exercise and coronary artery disease- Zhong Chen - Shanghai Jiao Tong University, PR China

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Abstract

Coronary artery disease (CAD) is one of the major causes of death in most of the western countries and the largest developing country, China. More importantly, the prevalence of obesity and type-2 diabetes is increasing rapidly in China. Patients with diabetes have an increased incidence of atherosclerotic cardiovascular disease. Patients with CAD and diabetes belong to a very-highrisk population, which deserves more attention from doctors, health professionals and the public. Cholesterol-lowering therapy with statins in primary and secondary prevention cardiovascular diseases have been well verified and

acknowledged by many guidelines and low-density lipoprotein cholesterol (LDL-C) control is still the first target goal. However, knowledge gap and under-use of statins still exist. Physical activity has been proved to be associated with reduced risk and increased survival of CAD and increased risk of sudden cardiac death (SCD). This inconsistency deserves further investigation. Thus we try to review the available literatures and further discuss this topic.

This work is partly presented at 10th International Conference and Exhibition on Obesity & Weight Management on December 08-10, 2016 held in Dallas, USA