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Proposal for entry in the patient's chart of information about the therapeutic goals of treatment of hypercholesterolemia after myocardial infarction

You are a patient after a myocardial infarction. In order to reduce the risk of another heart attack, as well as to reduce the risk of stroke or atherosclerosis of the arteries of the lower extremities (manifested by pain in the calves or thighs when walking), which can lead to amputation of a limb, it is necessary to follow the recommendations established by international and Polish scientific societies.

After a myocardial infarction, low density lipoprotein cholesterol (LDL-C) should be regularly monitored, and **target LDL-C values <55 mg/dl (<1.4 mmol/l) should be achieved**. This goal can be achieved by:

1. Taking the highest possible doses, as long as they are well tolerated, of potent statins (atorvastatin or rosuvastatin), or if baseline LDL-C levels are very high, start right away with a combination of a statin and ezetimibe.
2. If after 4–6 weeks the LDL level is above 55 mg/dl, immediately join atorvastatin or rosuvastatin with **ezetimibe at a dose of 10 mg/day**.
3. If after another 4–6 weeks the LDL-C is still not below 55 mg/dl, join the statin and ezetimibe with a modern and effective: **proprotein convertase subtilisin/kexin type 9 protein inhibitor (alirocumab, evolocumab — subcutaneous injection every 2–4 weeks) or inclisiran (subcutaneous injection administered twice a year)**.

NOTE: Patients with additional risk factors can receive these drugs for free under a program funded by the Ministry of Health and the National Health Fund (B.101 lipid disorder patient treatment program). **Please always ask your family doctor** or cardiologist at the clinic about the possibility of participating in this program.

4. In addition to lowering **LDL-C <55 mg/dl (<1.4 mmol/l)**, you should change your lifestyle (low cholesterol diet, regular physical activity of individually selected intensity) and control other atherosclerosis risk factors: effectively treat hypertension, diabetes, obesity and do not smoke cigarettes or use other tobacco products.