

Cardiovascular risk counseling improves statin adherence

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For patients taking statins for prevention of cardiovascular disease, extended care with nurse-led cardiovascular risk-factor counseling improves statin adherence and reduces anxiety, with improvements seen in low-density lipoprotein cholesterol for primary prevention patients, according to a study published online May 24 in *The American Journal of Cardiology*.

(HealthDay) -- For patients taking statins for prevention of cardiovascular disease (CVD), extended care with nurse-led cardiovascular risk-factor counseling improves statin adherence and reduces anxiety, with improvements seen in low-density lipoprotein cholesterol for primary prevention patients, according to a study published online May 24 in *The American Journal of Cardiology*.

Pythia T. Nieuwkerk, Ph.D., of the University of Amsterdam, and colleagues conducted a study involving 201 patients with indications for statin therapy for primary or [secondary prevention](#) of CVD. Participants were randomized to receive routine care or extended care at baseline and

at three, nine, and 18 months. Extended care consisted of providing patients with cardiovascular risk-factor counseling regarding modifiable and unmodifiable individual risk factors, graphical presentation of their calculated 10-year absolute CVD risk, and targets to reduce risk and improve adherence. [Lipid levels](#) and carotid intima-media thickness (IMT) were measured.

Compared with routine care, the researchers found that extended care correlated with significantly lower anxiety and higher statin adherence (P

"In conclusion, cardiovascular risk-factor counseling resulted in improved [lipid profiles](#) in primary prevention patients and higher levels of adherence to statins and lower levels of anxiety in all patients," the authors write.

The study was partially funded by Pfizer.

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