

## PREVIEW\_ Aseem Malhotra - Interview 2 (Manchester 2017) 1

**Dr. Malhotra:** Now if you're somebody who is 50 years old and your cholesterol is extremely high we know that most cholesterol is synthesized in the liver and it's genetically predetermined and can be introduced by diet to varying degrees. So the reality is you've probably had high cholesterol for all of your life.

Now if that cholesterol is a problem for you then it's very likely you will already see evidence of heart disease at age of 50. What's the most safe noninvasive way of determining that? People can use it, obviously varies from individual to individual, but one of the things I often recommend to my patients is to get a calcium score done.

And that can detect whether there's any underlying atheroma. and I have had patients with very high cholesterol who have had calcium scores themselves, they've come to me, or they've had CT coronary angiograms done, where you can actually look at all the arteries properly, that have been completely clear. And I said, "Your cholesterol has clearly not been a problem for you at your age."

And they're very reassured by that and it's a common sense approach, because some of them are not particularly keen on taking statins. Now the alternative is people can be put of statins but you've got to then ask yourself the question, "What true benefit you're getting from the statin and is there anything else you can do?"

Plus you're lowering the cholesterol, but you want that to translate into a benefit. And that's really what we need to have the discussion with patients about.