

Drug Effects on Traditional and Advanced Lipid Parameters

Efficacy data represents percent change from baseline and was collected from peer-reviewed published studies and / or FDA approved package inserts. Ranges reflect both inter-individual variability reported in the studies and dose ranging effects.

Lifestyle	LDL	LDL Size	HDL	HDL subtype	Triglycerides	Lp(a)
smoking cessation	none	none	↑10-20	good	none	none
exercise	none	good	↑7-30	good	↓13-42	none
diet (TLC)	↓5-35	good	none	good	↓10-50	none

Statins	LDL	LDL Size	HDL	HDL subtype	Triglycerides	Lp(a)
lovastatin (Mevacor)	↓20-32	minimal	↑5-8	good	↓6-10	bad
pravastatin (Pravachol)	↓22-34	minimal	↑2-12	good	↓11-24	none
simvastatin (Zocor)	↓26-47	minimal	↑8-16	good	↓12-33	none
fluvastatin (Lescol)	↓22-36	minimal	↑3-7	good	↓12-19	none
atorvastatin (Lipitor)	↓39-60	minimal	↓5-9	bad	↓19-37	bad
rosuvastatin (Crestor)	↓45-63	good	↑8-14	very good	↓10-35	none

Fibrates	LDL	LDL Size	HDL	HDL subtype	Triglycerides	Lp(a)
gemfibrozil (Lopid)	↑4-23	good	↑12-25	none	↓35-60	none
fenofibrate (Tricor, Antara, Lofibra)	↓20-30	good	↑9-10	none	↓30-71	good

Omega-3-fatty acids (Lovasa)	LDL	LDL Size	HDL	HDL subtype	Triglycerides	Lp(a)
Omega-3-fatty acids (Lovasa)	↑0-49	good	↑9-10	none	↓45-52	good

Resins	LDL	LDL Size	HDL	HDL subtype	Triglycerides	Lp(a)
colestipol (Colestid)	↓20-25	minimal	↑0-4	none	↑5-15	none
cholestyramine (Questran)	↓20-25	minimal	↑0-4	none	↑5-15	none
colesevelam (WelChol)	↓15-18	minimal	↑3-11	none	↑9-10	none

Niacin (Niaspan...)	LDL	LDL Size	HDL	HDL subtype	Triglycerides	Lp(a)
Niacin (Niaspan...)	↓5-14	very good	↑18-22	very good	↑21-28	good

Ezetimibe	LDL	LDL Size	HDL	HDL subtype	Triglycerides	Lp(a)
Ezetimibe (Zetia)	↓18	good	↑1	none	↓7-9	none

Fixed Dose Combinations	LDL	LDL Size	HDL	HDL subtype	Triglycerides	Lp(a)
simvastatin/ezetimibe (Vytorin)	↓45-60	good	↑6-10	good	↓23-31	none
niacin/lovastatin (Advicor)	↓30-42	very good	↑20-30	very good	↓32-44	good
niacin/simvastatin (Simcor)	↓40-59	very good	↑25-33	very good	↓30-50	good

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