



## Lipidología: presente y futuro. Del metabolismo y la biología vascular, a la práctica clínica

by JORGE VILARIÑO and ALBERTO LORENZATTI (editor). - 326 pages  
Buenos Aires: Ediciones Médicas del Sur; 2013  
ISBN 978-987-26083-6-1

The traditional scenario in which only the management of concepts such as flows, pressures, velocities and volumes was necessary to understand cardiovascular diseases, became outdated several decades ago. Currently, the cardiologist and the professional involved in the treatment of patients with cardiovascular diseases should not ignore the basic pathophysiology of subjects such as atherogenesis, coagulation, thrombosis, inflammation, vascular biology and metabolism (particularly that of carbohydrates and lipids). This statement becomes evident as one goes on reading *Lipidology: Present and Future*, as this book covers these topics clearly and in depth.

Over its 326 pages, the structure and function of lipids are thoroughly described, as well as the non-invasive functional evaluation of the patient with dyslipidemia and the physiological and pathological role of the different lipid fractions. The role of non-HDL cholesterol and apolipoprotein B are examined. World leaders are the authors of chapters about atherothrombosis and inflammation. An important part of the book is focused on the analysis and management of dyslipidemias in special populations, as those with comorbidities or affecting children, adolescents, elderly persons or patients with familiar or genetic disorders.

The chapters dedicated to therapeutics examine pharmacological and non-pharmacological treatments in a practical fashion. The use of cholesteryl ester transfer protein (CETP) inhibitors to increase HDL-cholesterol levels or the reduction of LDL-cholesterol by inhibiting the PCSK9 protein are modern options discussed by the analysis of published or ongoing basic and clinical trials. The review of the experience lived during the last decade gives an overview of the expectations posed by the new interventions, with their achievements and disappointments, and the causes

that provoked those sometimes surprising outcomes. Finally, new frontiers in the evaluation and in the future treatment of lipid metabolism abnormalities are posed.

A remarkable fact occurred a few weeks after this book was published. In November 2013, the American College of Cardiology and the American Heart Association published four new guidelines as requested by the National Institutes of Health. The aim of these guidelines was to fill a significant gap of 10 years since the last ATP III update, and constitute a sort of "ATP IV". These guidelines provide novel models and concepts which substantially modify previously recognized paradigms. This moved the authors to rapidly and efficiently publish a new edition of the book with the addition of a fundamental chapter in which this new scenario of cardiovascular prevention is analyzed and discussed.

With this book, Dr. Vilariño and Dr. Lorenzatti culminate a long, creative and productive professional career in the area of cardiovascular prevention and "lipidology". They are the best to launch this work. Also, local and international prestigious coauthors have participated in this book. Thirty-five personalities, most of them top-ranked leaders, have cooperated in several chapters, adding a particular splendor to the work. This represents an additional merit to the authors' coordination.

Undoubtedly, *Lipidology: Present and Future* will become a useful text for the education and information of primary health care physicians, internists, cardiologists, endocrinologists, diabetologists, nutritionists and pediatricians, both for in-training young physicians as for experienced professionals.

Jorge Lerman <sup>MTSAC</sup>