

### Study says cholesterol must be treated more aggressively

A new clinical study, the Canadian Lipid Study Observational (CALIPSO), identified the need for new treatment strategies to help patients lower their low-density lipoprotein cholesterol (LDL-C) more effectively. This study, the largest of its kind in Canada, found 27.2% of the 3,721 patients involved were not at recommended treatment goals. Among patients not at target, 91% were at high risk for coronary heart disease (CHD). The authors noted that despite use of medium to high doses of statins, many patients still require significant further LDL-C reduction.

**How does it apply to your practice?** “CALIPSO sheds new light on the realities of treating patients for high cholesterol,” said Dr. Marc-André Lavoie, lipidologist at the Montreal Heart Institute. “Nine out of 10 patients not at goal are at high risk for CHD. This is significant enough to warrant taking a look at other strategies, including adherence to diet, increased doses of statins or dual inhibition of cholesterol.” Cardiovascular disease is the leading cause of death in Canada.

New Changing Study CALIPSO Shows Many Patients Taking Cholesterol-Lowering Drugs Are Not Reaching Treatment Goal. Press Release. Montreal, Quebec, October 26, 2004.

### Cialis® shows positive effects in patients taking antidepressants

A review of 11 double-blind, placebo-controlled, randomized trials reported that Cialis® (tadalafil) improved erectile dysfunction (ED) in 80% of men taking antidepressant medication. The mean age of the 111 men in the study was 56 years; they received either Cialis, 10 mg or 20 mg, or placebo. Cialis-treated patients showed significantly greater baseline to end point improvement on an index of erectile functioning score, percentage of successful intercourse attempts and satisfaction measures compared to placebo. Adverse effects were low.

**How does it apply to your practice?** “We now have evidence that suggests Cialis is a valuable option for men suffering from ED, possibly as a result of their antidepressant medication,” said Dr. Jay Lee, Director, Sexual Health Clinic, Calgary. “There is potential to improve treatment compliance and quality of life through diagnosis and effective treatment of sexual dysfunction.

ED affects over three million Canadian men and their partners. **Dr.**

New Analysis Presented at Annual CCPA meeting Reports Cialis® Effective in Men Receiving Antidepressant Therapy. Press Release. Toronto, Ontario, October 15, 2004.