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## [PL12.2] EFFECT OF INTERVENTIONS TO IMPROVE DYSLIPIDAEMIA

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**PURPOSE OF THE STUDY:** The use of lipid lowering therapy (LLT) and/or switching ART is recommended in patients on ART with dyslipidaemia. We compared the impact of these two strategies in the D:A:D Study.

**METHODS:** Patients had received PIs > 6 months, were NNRTI-naïve and had confirmed total cholesterol (TC) > 6 mmol/l. 3 groups were identified: 1) those starting LLT, 2) those switching PIs to NNRTIs (SWITCH) and 3) a control group (CONTROL) who made no changes to ART. Patients were excluded if ART was changed or LLT started in the next year. Changes in TC, HDL, LDL, TC/HDL and triglyceride (TG) levels over 1 year were compared with multivariable linear regression.

**SUMMARY OF RESULTS:** Crude lipid changes were significantly different between the three groups (Table). These differences remained after adjustment for baseline characteristics (sex, age, HIV RNA and CD4, smoking, history of CVD, use of CVD drugs, diabetes, previous PI exposure, ethnicity).

	Group		
	LLT	SWITCH	CONTROL
N	221	208	1463
TC	-1.02 (1.52)	-0.66 (1.08)	-0.40 (0.97)
HDL	0.08 (0.32)	0.18 (0.28)	0.01 (0.29)
TG	-0.82 (3.20)	-1.10 (2.57)	-0.18 (2.05)
TC/HDL ratio	-1.48 (2.11)	-1.48 (2.84)	-0.48 (2.99)
LDL	-0.92 (1.20)	-0.71 (0.96)	-0.45 (0.79)

**CONCLUSIONS:** At 1 year, reductions in TC, LDL, TG and TC/HDL were significant for both the LLT and SWITCH groups, whereas a significant HDL rise was only seen in those switching. The effect of the interventions on TC/HDL ratio was similar. Changes were also observed in controls, suggesting some regression to the mean effect, or possible selection of those in whom intervention was withheld in view of declining lipid values.

### Plenary Session: Adverse Events II

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