

Fibrates



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Examples: Lopid,
Tricor, Triglyde,
Clofibrate

Used To Treat: Cholesterol, largely by raising HDL cholesterol and lowering triglycerides.

How They Work: The mechanism of action has remained rather elusive but we think that they modulate cholesterol metabolism thru the PPAR receptors. They are related to the troglitazones (a class of drugs used for diabetes).

Side Effects: The fibrates may increase liver enzymes usually when used in concert with statins. They also increase the likelihood of myopathy when used with the statins. Rarely they may cause some nausea.

What is a Heart Attack? a Stroke?

A heart attack is an event that marks heart cell death. A stroke is an event that marks brain cell death. The most common cause of a heart attack or stroke is the blockage of a blood vessel that inhibits the opportunity for oxygen to get to the body's cells. Oxygen is absolutely necessary for a cell to live. Most cells can live for several minutes without oxygen but after those minutes have passed, the ability of a cell to maintain its integrity is reduced and the cellular wall breaks down.

Once this happens the intracellular enzymes escape. We can actually measure those enzymes and measure the degree of cellular death.

If a large enough area of heart muscle dies, the heart doesn't function well as a pump and the body is further compromised because other organ systems are compromised of oxygen. Similarly, depending upon which area of the brain is deprived of oxygen, a particular brain function is gone. This may result in the inability to think, speak, or move a particular body part.

Clearly, heart attacks and strokes are two of the most severe forms of disease and result in significant dysfunction. This is why their prevention is the center of so much health care discussion and technology.

