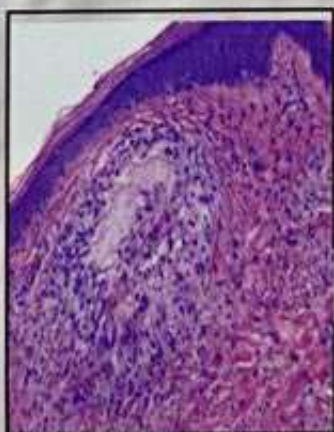


2nd
Edition

Handbook of **LIPIDOLOGY**



Tapan Ghose



Handbook of **LIPIDOLOGY**

Second Edition

Editor

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Foreword

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Handbook of LIPIDOLOGY

The second edition of *Handbook of Lipidology* has 24 chapters, which cover the complex subject of lipidology from the basics to bedside. Similar to the first edition, leading academicians and medical practitioners of the country have addressed the various aspects of lipidology in an easily understandable manner. The first chapter itself gives a reader a 360-degree idea of the lipid biology. "Clinical approach to lipid disorders" is a novel chapter that presents a step-by-step approach to lipid disorders. The chapter on "statins" is a comprehensive updated document, which enriches the reader to have a solid foundation on statins. This book is a must-read for all the statin prescribers and clinicians in medicine and cardiology dealing with lipid management during daily practice. Four new chapters have been added in the new edition (on genetics, retroviral and nonretroviral infection, women, and lipoprotein apheresis). Key points at the end of each chapter are very helpful for the busy clinicians. Recently published multiple lengthy guidelines have been condensed in the chapter on "guidelines." This book will be of immense help to the postgraduates for the preparation of National Board of Examination, Royal College of Physicians, Specialty Board Examinations, and exit examination of various universities.

Tapan Ghose MD DNB (Med) DNB (Cardio) FNB (Interventional Cardio) MNAMS FCSI FACC FIMSA FSCAI graduated in medicine with honors in biochemistry and was awarded the Dr Anjan Chakravorty Memorial Medal in medicine from Silchar Medical College & Hospital, Silchar, Assam, India. He has been trained in medicine in Assam Medical College, Dibrugarh, and has been awarded MD (Med) and DNB (Med) in 1993. After working at the Safdarjung Hospital, New Delhi, he joined the Batra Hospital and Medical Research Centre in 1997. He has been awarded DNB (Cardiology) and FNB (Interventional Cardiology) by the National Board of Examinations. Subsequently, he worked at the Fortis Escorts Heart Institute and Paras Hospital. Currently, he is the Director and Head, Department of Cardiology, and the Head of the Department of Clinical Research at Fortis Flt Lt Rajan Dhall Hospital, New Delhi, India. Dr Ghose is the recipient of "Cardiologist of the Year 2014" at the India Health and Wellness Summit and Awards; Legends in Cardiology, Times Achievers Awards; Distinguished Service Award 2020, Rotary Club of Delhi Vasant Valley; Economic times Inspiring Cardiologist Award 2021; Outstanding Clinician Awards 2021 by National Diabetes, Obesity and Cholesterol Foundation, etc. He has keen interest in clinical research and postgraduate teaching. He has contributed to more than 200 papers, abstracts, and chapters in various national and international journals, including multicenter clinical trials such as ASCEND HF, IMPROVE IT, and TUXEDO. The first research paper on atorvastatin in India was presented by him in 2000. He is a task group member for guidelines for the management of cardiovascular diseases in India and a member of the writing committee for the Lipid Management Guidelines of the Cardiological Society of India.

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FOREWORD

"Atherosclerotic vascular disease" and importantly "coronary artery disease" are the number one cause of death both for men and women in India. Hence, its prevention should be an important focus for all clinicians irrespective of their super specialization. Control of lipids has been clearly demonstrated to improve outcomes in atherosclerotic vascular disease as evidence continues to evolve and be consolidated through multiple randomized trials for primary and secondary prevention. In parallel, there are the numerous advancements in drug therapy available to us for the treatment of lipid disorders. Hence, it has become of prime importance for all clinicians and physicians to stay up-to-date in this sphere.

I compliment Dr Tapan Ghose (Director and Head, Department of Cardiology, Fortis Fit Lt Rajan Dhall Hospital, New Delhi) for bringing out the second edition of the Handbook of Lipidology. Dr Tapan Ghose is an acclaimed cardiologist who has led the field of both clinical cardiology and interventional cardiology through the practice of the highest level of evidence-based medicine on his patients. He has also led numerous trials on lipid therapy. Through the second edition of his book, he brings up-to-date knowledge and evidence-based therapies for "lipid disorders". The book is comprehensive, educational, and practice-based so that the knowledge from the book could be applied by all of us the very next day in our clinical practice for the care of the patients. This valuable book will serve both as a reference book and a treatment guide for all postgraduate students and clinicians to benefit their patients. It is certainly going to be my reference book.

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