Dyslipidemia, including hypercholesterolaemia and hypertriglyceridaemia, is a risk factor for cardiovascular disease (CVD). While cardiovascular disease is the second leading cause of death among Canadians, lifestyle interventions, such as diet and exercise, serve as initial treatments for dyslipidemia. Therefore, identifying dietary constituents that facilitate efficacious reductions in circulating LDL-cholesterol and triglycerides is a high research priority. Recent research has demonstrated that food-based cholesterol- and triglyceride-lowering therapies, such as plant sterols, specific dietary fibres and long-chain omega-3 fatty acids, can act as adjuncts to pharmacological lipid-lowering medications and facilitate greater clinical outcomes than when either therapy is utilized independently. This session will provide information regarding the practical application of plant sterols, dietary fibres and long-chain omega-3 fatty acids to pharmacy practice by discussing dosages for cholesterol- and triglyceride-lowering efficacy, mechanisms of action, and the use of the abovementioned dietary constituents in synergy or as adjuncts to lipid-lowering medications for reducing CVD risk.

About Dr. Todd Rideout
Dr. Rideout earned a PhD in Human Nutrition at the University of Guelph and did his post-doctoral training at the University of Manitoba’s Richardson Centre for Functional Foods and Nutraceuticals. He is currently an Assistant Professor in the Department of Exercise and Nutrition Sciences, School of Public Health and Health Professions at the University at Buffalo. Dr. Rideout’s current research interests focus on diet and nutraceutical-based strategies that effectively prevent and treat dyslipidemia and associated arterial health conditions. Dr. Rideout’s research is funded through the National Institutes of Health (NIH) and he has published >30 articles in high impact peer-reviewed journals including the Journal of Nutrition, the American Journal of Clinical Nutrition, and Molecular Nutrition and Food Research.
References