

Multicenter Trial of the Efficacy and Safety of Ciprofibrate and Lovastatin in Hyperlipidemic Patients

Hye-Soon Park, Young-Sik Kim, Ho-Cheol Shin*, Whan-Seok Choi*, Hye-Ree Lee**
Department of Family Medicine, College of Medicine, Ulsan University,
Catholic Medical College*, Yonsei University**

There are many drugs to treat hyperlipidemia in recent years. To compare the efficacy and safety of ciprofibrate and lovastatin, we conducted multicenter double-blind controlled clinical trial. We included hyperlipidemic patients who showed 12-hours fasting serum total cholesterol level more than 240mg/dl and/or serum triglyceride level more than 250mg/dl. Patients were divided into two groups according to a randomization, and received either ciprofibrate 100mg daily or lovastatin 20mg daily for 8 weeks. After 8 weeks of drug therapy, we compared several cardiovascular risk factors and side effects between ciprofibrate and lovastatin. The total study subjects were 84 patients. Three patients were dropped out and six patients stopped drug medication by side effects. The following changes were seen under ciprofibrate(C) and lovastatin(L) ; TC (C) -11.5% vs (L) -15.7%, not significantly different, TG (C) -38.4% vs (L) -11.4%, significantly reduction in (C), HDL-C (C) 22.9% vs (L) 9.5%, significantly increase in (C), LDL-C (C) -12.4% vs (L) -18.4%, not significantly different, TC/HDL-C (C) -26.3% vs (L) -18.4%, not significantly different, Apo A1 (C) 21.1% vs (L) -8.6%, not significantly different, Apo B (C) -13.3% vs (L) -12.0%, not significantly different, Apo A1/Apo B (C) -20.1% vs (L) -14.6%, not significantly different, fibrinogen (C) -10.0% vs (L) 2.6%, significantly reduction in (C). We conclude that both drugs are efficient and safe in lowering lipid levels. Ciprofibrate showed more significant reduction of triglyceride and fibrinogen, more increase of HDL-cholesterol than lovastatin. There was no significant difference in reduction of total cholesterol and LDL-cholesterol and in the incidence of side effects between ciprofibrate and lovastatin.