

Clinical Lipidology

What is a Clinical Lipidologist?

The area of medical science that examines and treats disorders of lipid metabolism (dyslipidemia) is lipidology. Physicians who specialize or strengthen their practices in the field of lipidology do so through continuing medical education and passing a rigorous exam administered by the American Board of Clinical Lipidology (ABCL). Interest in this specialized field is accelerating to meet the challenges posed by the growing public health risk.

With the increasing number of Americans at risk for coronary heart disease (CHD), epidemic levels of obesity, and a surge in new cases of diabetes mellitus (many times in concurrence with obesity) the study of lipids is rapidly gaining importance. Doctors are looking to prevent cardiovascular disease (CVD) and accomplish early diagnosis of cases to ward off chronic conditions.

The quality-of-life impacts generated by heart attacks, strokes, and comorbid illnesses is devastating. Today, one in three adult Americans has some form of CVD. Estimates by the American Heart Association place the direct and indirect costs of cardiovascular disease (CVD) for 2006 at over \$400 billion (*source: Heart Disease and Stroke Statistics-2006 Update, American Heart Association*).

Dr. Uusinarkaus and Dr. Porterfield have added lipidology as a subspecialty certification that enhances their understanding of:

- Atherosclerosis
- Cardiovascular disease and coronary artery disease
- Preventive cardiology
- Lifestyle management of dyslipidemias
- Pharmacologic management of dyslipidemias
- Evidence supporting dyslipidemia treatment guidelines
- Metabolic Syndrome
- Vascular biology
- Advanced lipoprotein metabolism
- Diabetic dyslipidemia
- Atherosclerosis imaging

Dr. Virgil Brown, president of the ABCL states, “It’s important for people to understand that there is a hidden set of problems that are extremely common; lipid abnormalities are at the base of many of our health problems.” Dr. Brown also notes that whereas “we’re getting better tools to deal with lipid disorders, as a society we’re getting more food than we need and now even children are developing weight problems.”

source: www.lipidboard.org

CSHP is proud to have two physicians who are board-certified in Clinical Lipidology!



Kari Uusinarkaus, MD



Stacey Porterfield, DO

Kari Uusinarkaus, MD was board-certified in Clinical Lipidology in 2006. He is a family practitioner at the CSHP Woodland Park office (687-8550). Dr. Uusinarkaus oversees the Heart Health program at the CSHP Health Management office, 635-5803.

Stacey Porterfield, DO was board-certified in Clinical Lipidology in 2007. He is a family practitioner at the CSHP Rockrimmon office, 535-0648. He is also involved with programs at the CSHP Health Management office, 635-5803.