Heart disease remains the leading cause of death in the United States. The Ohio State University (OSU) Cardiovascular Risk Reduction and Lipid Clinic provides pharmacologic and non-pharmacologic therapies to achieve cholesterol and triglyceride (lipid) treatment goals. The objectives of this clinic are to reduce morbidity and mortality of diseases related to dyslipidemia, such as heart attacks, heart procedures, and strokes.

The interdisciplinary team consists of cardiologists and pharmacists with specialty training and certification in the management of lipids (Clinical Lipid Specialists by the Accreditation Council for Clinical Lipidology).

Laxmi Mehta, MD, FACC, FAHA is a Board Certified Cardiologist, an Associate Professor of Medicine, Director of the Women’s Cardiovascular Health Program, Associate Program Director for Education for Ohio State’s Center for Women’s Health, and the Director of the Cardiovascular Risk Reduction and Lipid Clinic.

John Larry, MD is a Board Certified Cardiologist, an Associate Professor of Clinical Internal Medicine, Director of Cardiac Rehabilitation at OSU East, and Section Chief, OSU East Cardiovascular Medicine.

Jason Evanchan, DO, FACC is a Board Certified Cardiologist, an Assistant Professor of Medicine, Associate Program Director for the Cardiology Fellowship Program, Expert Educator for Part 1 of the L.S.I. Curriculum at the OSU Medical School, and Medical Director for Cardiac Rehabilitation and the Cardiology Clinics at CarePoint Upper Arlington.

James Hodsden, MD, FACC is a Board Certified Cardiologist and an Assistant Professor of Medicine.

Services offered include:

- Comprehensive preventive cardiology assessment (heart attack or stroke prevention)
- Advanced lipid testing (ex: NMR Lipoprofile, Lipoprotein(a))
- Positive lifestyle modifications
- Review of previous medications, current medications, and the potential for interactions
- Optimization of lipid lowering therapy regimens
  - Partnerships with: Genetics Smoking cessation clinicApheresis unitSpecialty pharmacy
Nutrition

Cases that may benefit include: familial hypercholesterolemia, intolerance to therapy, difficulty achieving lipid goals, strong family history of heart disease, low HDL, high triglycerides, metabolic syndrome, and patients on high risk medications for interactions (HIV or transplant related therapies)

Lipid clinics are available at the following OSU sites:

- CarePoint East
- CarePoint Gahanna
- Outpatient Care Upper Arlington
- Ross Heart Hospital ACC
- Stoneridge Medical Services

All referrals accepted within and outside the OSU network, including self-referrals

The Richard M. Ross Heart Hospital
452 West 10th Ave, Columbus, OH 43210

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