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## Trends in Lipid Lowering Prescriptions: Increasing Use of Guideline Concordant Pharmacotherapies — U.S., 2017–2022

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### Abstract

**Introduction:** Almost one-third of U.S. adults have elevated low-density lipid cholesterol (LDL-C) increasing their risk of atherosclerotic cardiovascular disease (ASCVD). The 2018 American College of Cardiology/American Heart Association Multisociety Cholesterol Management Guideline recommends maximally tolerated statin for those at increased ASCVD risk and add-on therapies (ezetimibe and PCSK9 inhibitors) in those at very high risk and an LDL-C 70mg/dl. Prescription fill trends are unknown.

**Methods:** Using national outpatient retail prescription data from Q1 2017–Q1 2022, authors determined counts of patients who filled low-, moderate-, or high-intensity statins alone and with add-on therapies. Overall percent change and joinpoint regression were used to assess trends. Analyses were conducted March–May 2022.

**Results:** During Q1 2017–Q1 2022, patients filling a statin increased 25.0%, with the greatest increase in high-intensity statins (64.1%, 6.6–10.9 million). Low-intensity statins decreased 29.2% (3.3–2.4 million). Concurrent fills of high-intensity statin and ezetimibe rose 210% to 579,012 patients by Q1 2022, with an increase in slope by Q1 2019 for all statin intensities ( $p < 0.01$ ). Concurrent fills of a statin and PCSK9 inhibitor increased to 2,629, 16,169, and 28,651 by Q1 2022 for low-, moderate- and high-intensity statins, respectively. For patients on all statin

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intensities and PCSK9 inhibitor there were statistically significant increases in slope in Q2 2019 and decreases in Q1 2020.

**Conclusions:** Patients filling moderate- and high-intensity statins and add-on ezetimibe, and PCSK9 inhibitors have increased, indicating uptake of guideline-concordant lipid-lowering therapies. Improvements in initiation and continuity of these therapies are important for ASCVD prevention.

## INTRODUCTION

Cardiovascular disease is the leading cause of mortality in the U.S.<sup>1</sup> Low-density lipoprotein cholesterol (LDL-C) lowering pharmacotherapies reduce the risk of atherosclerotic cardiovascular disease (ASCVD) events such as myocardial infarction, stroke, and subsequent mortality.<sup>2</sup> Statin use for lowering LDL-C is first-line therapy for primary or secondary ASCVD prevention; however, depending on the dose intensity, it may not be well-tolerated by patients. Approximately 86 million adults (37%), are eligible for statin therapy, but only half take statins.<sup>3,4</sup> When added to statin therapy, ezetimibe can lower LDL-C by an additional 13%–20%, and Proprotein Convertase Subtilisin Kexin Type 9 Monoclonal Antibodies (PCSK9) inhibitors, approved by the Food and Drug Administration (FDA) in 2015,<sup>5</sup> can lower LDL-C levels by 43%–64%.<sup>6</sup>

The 2018 American College of Cardiology/American Heart Association (ACC/AHA) Multisociety Guideline on the Management of Blood Cholesterol (2018 Cholesterol Guideline) emphasizes a heart-healthy lifestyle and shared decision making between patients and clinicians for cholesterol management.<sup>6</sup> In response to evidence from clinical trials,<sup>7–9</sup> the guideline also recommends add-on non-statin ezetimibe for patients with ASCVD already on the maximally-tolerated statin intensity and further adding PCSK9 inhibitors if LDL-C remains  $\geq 70$  mg/dL.<sup>6</sup>

This study seeks to understand national trends of patient statin fills with concurrent use of non-statin lipid-lowering prescriptions ezetimibe and/or PCSK9 inhibitors, stratified by statin intensities. Changes in the numbers of patients filling prescriptions from 2017–2022 following the 2018 Cholesterol Guideline are also assessed.

## METHODS

Data on prescription fills, defined as the unique number of patients that picked up a prescription, were obtained from the IQVIA Total Patient Tracker database which covers 93% of all outpatient retail prescription fills in the U.S. Fills prescribed by veterinarians, dentists, and naturopaths were excluded.

Nationally projected number of patients who filled statins (stratified by low-, moderate-, or high-intensity),<sup>6</sup> ezetimibe, and PCSK9 inhibitors, concurrently or alone, were obtained from Q1 2017 to Q1 2022. The percent change of patients filling statins from the beginning to the end of the study period was calculated. Joinpoint regression (JoinPoint 4.9.0.0, National Cancer Institute, Bethesda, MD) was used to determine trend changes for each combination of medications; 21 data points were available for trend analysis, modeling was

limited to a maximum of 3 joinpoints, and the permutation test was used for model selection. This work was exempt from IRB approval.

## RESULTS

The numbers of patients filling a statin, ezetimibe or PCSK9 inhibitor, individually or in any combination, increased 25.0% (from 27–34 million), 117.8% (from 772,533–1.7 million) and 1533.1% (from 16,707–272,838), respectively from Q1 2017 to Q1 2022 (Figure 1). The number of patients filling a statin alone increased 21.8% (from 26–32 million) (Figure 2, Appendix Table 1). Patients filling moderate- or high-intensity statins alone increased by 14.9% (from 16.7–19.2 million) and 64.1% (from 6.6–10.9 million), respectively. The number of patients filling low-intensity statins alone steadily decreased 29.2% (from 3.3–2.4 million). In Q2 2020, there was a decrease in the number of patients filling statins ranging from –0.8% for high-intensity statins to –4.1% for low-intensity statins.

Ezetimibe was most frequently filled with high-intensity statins beginning in Q1 2019, superseding moderate-intensity statins plus ezetimibe (Figure 3, Appendix Table 1). Overall, there was a 210% increase in the number of patients concurrently filling high-intensity statins and an ezetimibe prescription from 187,050 in Q1 2017 to 579,012 patients in Q1 2022. For all 3 statin intensities, there was a statistically significant rate of increase in concurrent ezetimibe prescription fills by the beginning of 2019 ( $p<0.01$  for change in slope) and for high-intensity statins there was another increase in Q3 2020 ( $p<0.001$  for change in slope) (Figure 3, Appendix Table 2).

The fewest number of patients filled a concurrent statin, ezetimibe, and PCSK9 inhibitor, although the number increased to 613 for low-, 3,339 for moderate-, and 9,836 for high-intensity statins in Q1 2022 (Figure 4, Appendix Table 1). For all statin intensities, there was a significant rate of increase in concurrent ezetimibe and PCSK9 prescription fills by Q2 2019 (change in slope, all  $p<0.001$ ) and for high-intensity statins there was a less rapid increase in Q1 2020 (change in slope,  $p=0.02$ , Figure 4, Appendix Table 2).

The numbers of patients filling a low-, moderate-, or high-intensity statin and concurrent PCSK9 inhibitor from Q1 2017 to Q1 2022 increased to 2,629 (1,101%), 16,169 (1,576%), and 28,651 (2,124%), respectively (Appendix Figure 1, Appendix Table 1). For all statin intensities, there was a significant rate of increase in concurrent PCSK9 inhibitor prescription fills in Q2 2019 (change in slope, all  $p<0.001$ ) and rate of increase slowed in Q1 2020 (change in slope, all  $p<0.01$ ) (Appendix Figure 1, Appendix Table 2).

## DISCUSSION

From 2017 to 2022, the number of patients filling lipid-lowering prescriptions increased. The largest increase in statin fills was among high-intensity statins. Add-on ezetimibe and PCSK9 inhibitors were most frequently filled with high-intensity statins, suggesting prescribing trends that are guideline-concordant for ASCVD prevention. Similarly other studies have shown add-on therapies are being primarily used to reduce residual ASCVD risk and not due to statin side-effect concerns.<sup>4</sup> Additionally, the number of patients filling PCSK9 inhibitors accelerated after publication of the updated Cholesterol Guideline, price

reductions in 2018 and the FDA broadening the indication for PCSK9 inhibitors in 2019.<sup>5,6</sup> However, all prescription fills were disrupted following the COVID-19 pandemic, and the rate of increase of PCSK9 inhibitor prescription fills has not recovered.

The translation of medical guidelines to clinical practice can often take many years.<sup>10</sup> After the 2013 Cholesterol Guideline, statin use in the U.S. did not increase among patients with ASCVD.<sup>11</sup> The 2018 Cholesterol Guideline included the top 10 take-home messages and a value statement for PCSK9 inhibitors that may have influenced price reductions.<sup>12</sup> In this dataset, the number of patients filling PCSK9 inhibitors increased, particularly with high-intensity statins, consistent with the timing of the guideline. In another national study, PCSK9 inhibitor prescription fills increased from 2015–2019 and the largest year-over-year increase coincided with the release of the 2018 Cholesterol Guideline.<sup>12</sup>

Strengths of this study included the use of a large, national-level, and timely prescription transaction database (covering 93% of retail prescription fills) that includes prescription fills regardless of payer type.<sup>13</sup>

### Limitations

This study was subject to several limitations. First, while results indicated increasing numbers of patients filling guideline-concordant lipid-lowering medications, these changes cannot be linked to specific events and may partially reflect an increase in patients eligible for statins. Second, prescription rates among patients for whom treatment is recommended could not be calculated. However, previous studies have shown these to be low.<sup>3</sup> Third, these data were not linked to demographic information. Previous studies have shown that patients that are younger, female, or with noncoronary ASCVD are less likely to receive guideline-concordant statins<sup>4</sup> and that patients in the Northeast and Southern regions of the U.S. have the highest fill rates of PCSK9 inhibitors.<sup>12</sup> Fourth, only retail pharmacy prescription fills were included (not mail-order or long-term care prescription services); however, retail pharmacies represent the majority of prescription transactions.<sup>12</sup> Fifth, data were not disaggregated by prescriber specialty. This is an area for future research. Finally, these data were not able to address medication adherence.

### CONCLUSIONS

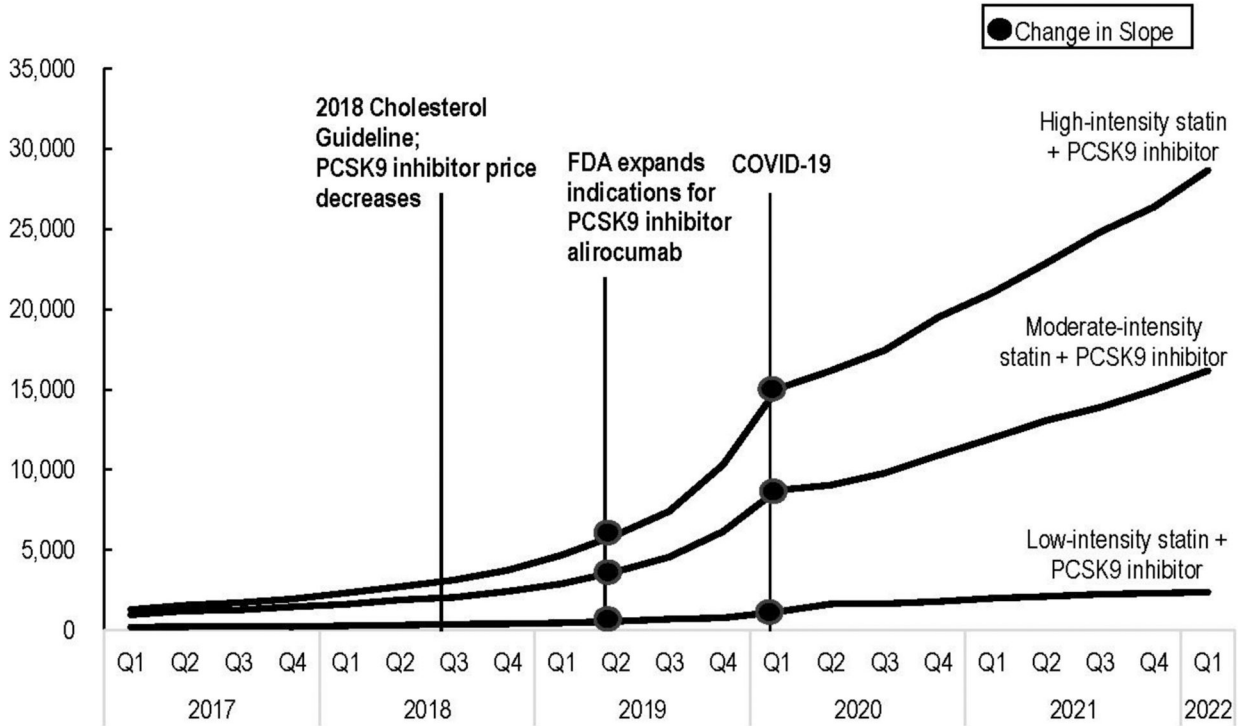
Prescription of more aggressive lipid-lowering therapy is increasing incrementally. Interventions such as improved guidelines and removal of barriers to PCSK9 inhibitor prescriptions are important to improve uptake of lipid-lowering pharmacotherapies and ultimately prevent ASCVD. However, further efforts are required to achieve optimal cholesterol management.<sup>14</sup>

### ACKNOWLEDGMENTS

The findings and conclusions in this report are those of the authors and do not necessarily reflect the official position of the Centers for Disease Control and Prevention.

Appendix

Appendix



Appendix Figure 1.

Projected number of patients filling concurrent statin and PCSK9 inhibitor from outpatient retail pharmacies, stratified by statin intensity, Q1 2017–Q1 2022.

IQVIA Total Patient Tracker, Concurrency Tool, Q1 2017–Q1 2022, United States, data extracted April 2022. The nationally projected number of patients that filled a concurrent statin and proprotein convertase subtilisin kexin 9 (PCSK9) inhibitor from US outpatient retail pharmacies (excluding dental, veterinary, and naturopath specialty prescribers), stratified by statin intensity. Dots represent when there was a statistically significant change in slope from joinpoint regression. In April 2019, the FDA broadened the indications for the PCSK9 inhibitor alirocumab to include secondary event prevention among patients with established cardiovascular disease.<sup>5</sup>

FDA = Food and Drug Administration, PCSK9 inhibitor = proprotein convertase subtilisin kexin 9

**Appendix Table 1.**

Projected number of patients who received a statin alone or concurrently with ezetimibe and/or PCSK9 inhibitor from outpatient retail pharmacies, stratified by statin intensity, Q1 2017—Q1 2022<sup>a</sup>

Quarter	Statin alone				Statin and ezetimibe				Statin and PCSK9 inhibitor		
	Low	Moderate	High	Any	Low	Moderate	High	Any	Low	Moderate	High
2017 Q1	3,331,521	16,708,978	6,615,284	26,279,363	31,854	263,651	187,050	474,339	219	965	1,288
2017 Q2	3,282,514	16,769,235	6,796,815	26,481,817	31,438	256,375	192,823	472,949	247	1,200	1,559
2017 Q3	3,219,062	16,715,805	6,938,806	26,521,062	31,446	253,730	197,247	475,041	221	1,257	1,711
2017 Q4	3,191,172	16,892,652	7,173,803	26,895,906	32,639	260,654	212,241	497,472	286	1,460	1,962
2018 Q1	3,140,042	16,927,416	7,383,266	27,067,483	33,215	259,824	222,760	506,921	325	1,617	2,331
2018 Q2	3,122,232	17,215,545	7,642,696	27,598,735	34,230	266,019	239,843	531,018	391	1,892	2,720
2018 Q3	3,042,248	17,114,237	7,757,394	27,546,276	34,337	266,840	250,719	543,079	408	2,052	3,138
2018 Q4	2,992,944	17,272,711	8,002,071	27,895,301	35,114	272,889	270,226	568,579	459	2,418	3,731
2019 Q1	2,939,148	17,504,597	8,305,390	28,390,366	35,611	273,469	287,082	586,739	553	2,895	4,687
2019 Q2	2,903,555	17,726,313	8,580,640	28,856,763	36,880	283,449	312,363	622,699	698	3,639	5,928
2019 Q3	2,866,800	17,955,458	8,860,509	29,330,260	37,808	290,401	335,020	652,787	779	4,559	7,405
2019 Q4	2,800,559	18,048,724	9,066,116	29,556,816	38,842	297,804	357,962	683,638	1,149	6,155	10,316
2020 Q1	2,781,817	18,402,869	9,410,048	30,232,398	39,853	307,074	385,691	721,255	1,631	8,736	15,022
2020 Q2	2,668,225	17,928,822	9,335,859	29,627,371	39,025	302,022	391,369	722,249	1,651	9,038	16,175
2020 Q3	2,667,254	18,349,570	9,635,095	30,302,345	41,201	313,617	419,630	762,519	1,799	9,782	17,439
2020 Q4	2,626,563	18,607,068	9,879,211	30,757,003	42,955	325,236	448,550	804,129	1,992	10,916	19,506
2021 Q1	2,577,265	18,747,051	10,091,695	31,043,609	43,048	328,170	468,381	825,980	2,104	11,975	21,015
2021 Q2	2,535,240	18,954,225	10,352,529	31,466,542	44,406	338,641	499,947	868,894	2,239	13,070	22,866
2021 Q3	2,484,372	19,109,093	10,562,085	31,779,925	45,337	346,453	526,941	904,092	2,308	13,885	24,805
2021 Q4	2,438,477	19,285,887	10,766,367	32,110,713	46,237	355,099	557,187	943,293	2,378	14,946	26,366
2022 Q1	2,358,592	19,195,405	10,856,408	32,017,811	46,529	358,098	579,012	967,263	2,629	16,169	28,651

<sup>a</sup>IQVIA Total Patient Tracker, Concurrency Tool, Q1 2017—Q1 2022, United States, data extracted April 2022. The nationally projected numbers of patients that received only a statin as a form of lipid-lowering medication (among statins, ezetimibe, and PCSK9 inhibitors) from U.S. outpatient retail pharmacies, stratified by statin intensity (low, moderate, high). Patient counts are estimates for each period and should not be summed, at the risk of double-counting patients who received multiple products or appear in multiple time periods or multiple intensities during the times evaluated.

**Appendix Table 2.**

Changes in slope from Joinpoint regression

	Low-intensity statin				Moderate-intensity statin				High-intensity statin		
	Joinpoint	Slope	Difference	P-value	Joinpoint	Slope	Difference	P-value	Joinpoint	Slope	Difference
<b>Ezetimibe + Statin</b>											
Slope 1	2017Q1–2018Q4	538.2			2017Q1–2017Q3	−4069.2			2017Q1–2018Q3	11123.7	

	Low-intensity statin				Moderate-intensity statin				High-intensity statin		
	Joinpoint	Slope	Difference	P-value	Joinpoint	Slope	Difference	P-value	Joinpoint	Slope	Difference
Slope 2	2018Q4–2022Q1	925.2	387.0	0.00231	2017Q3–2019Q1	3424.0	7493.2	0.131547	2018Q3–2020Q3	21474.7	10351.1
Slope 3					2019Q1–2022Q1	6994.3	3570.3	0.004769	2020Q3–2022Q1	26762.9	5288.2
<b>PCSK9 + Statin</b>											
Slope 1	2017Q1–2019Q2	43.39			2017Q1–2019Q2	253.7			2017Q1–2019Q2	437.8	
Slope 2	2019Q2–2020Q1	328.8	285.4	0.000293	2019Q2–2020Q1	1683.8	1430.1	0.000003	2019Q2–2020Q1	3122.5	2684.6
Slope 3	2020Q1–2022Q1	129.8	–198.9	0.004695	2020Q1–2022Q1	979.8	–704.0	0.002321	2020Q1–2022Q1	1764.6	–1357.9
<b>Ezetimibe + PCSK9 + Statin</b>											
Slope 1	2017Q1–2018Q4	6.86			2017Q1–2019Q1	52.4			2017Q1–2019Q2	138.0	
Slope 2	2018Q4–2022Q1	41.9	35.0	0.000033	2019Q1–2022Q1	229.7	177.3	0	2019Q2–2020Q1	1034.6	896.6
Slope 3									2020Q1–2022Q1	618.0	–417.0

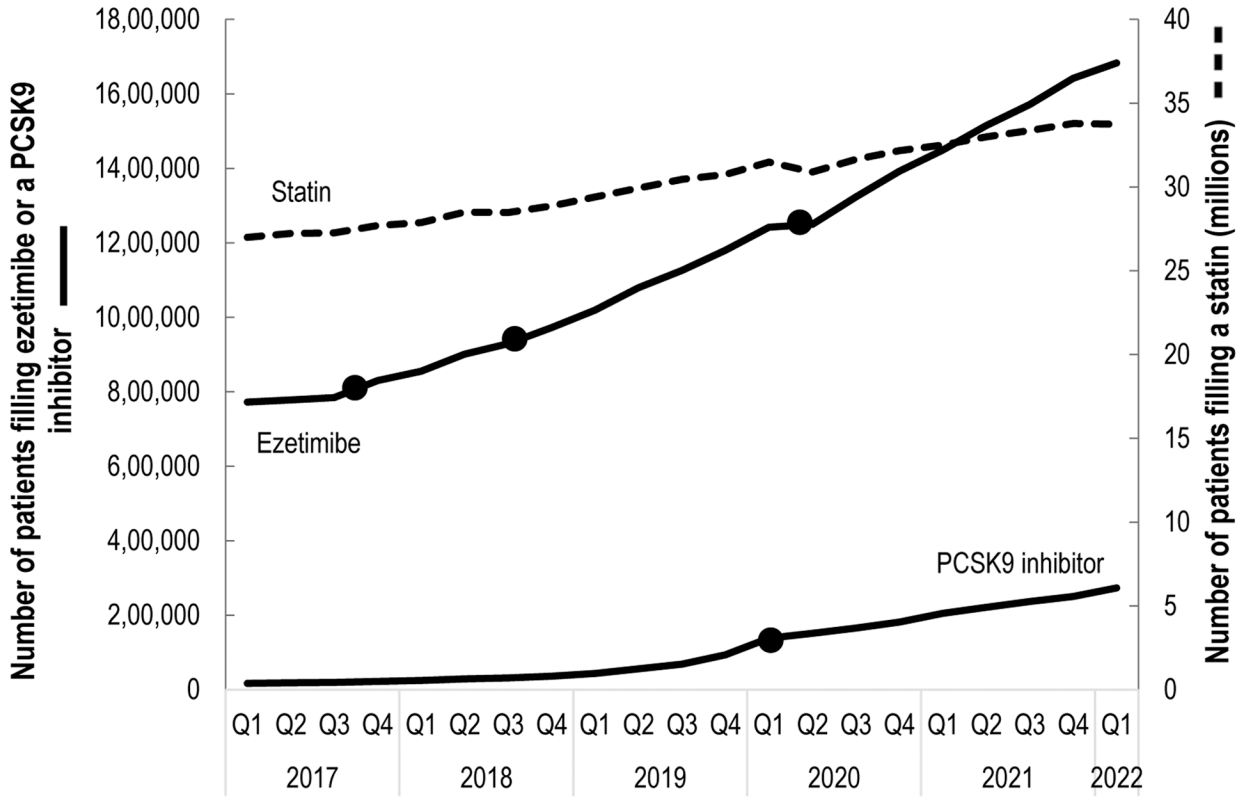
Joinpoint regression (JoinPoint 4.9.0.0, National Cancer Institute, Bethesda, MD) was used to determine trend changes for each combination of medications; 21 data points were available for trend analysis so modeling was limited to a maximum of 3 joinpoints, and the permutation test was used for model selection.

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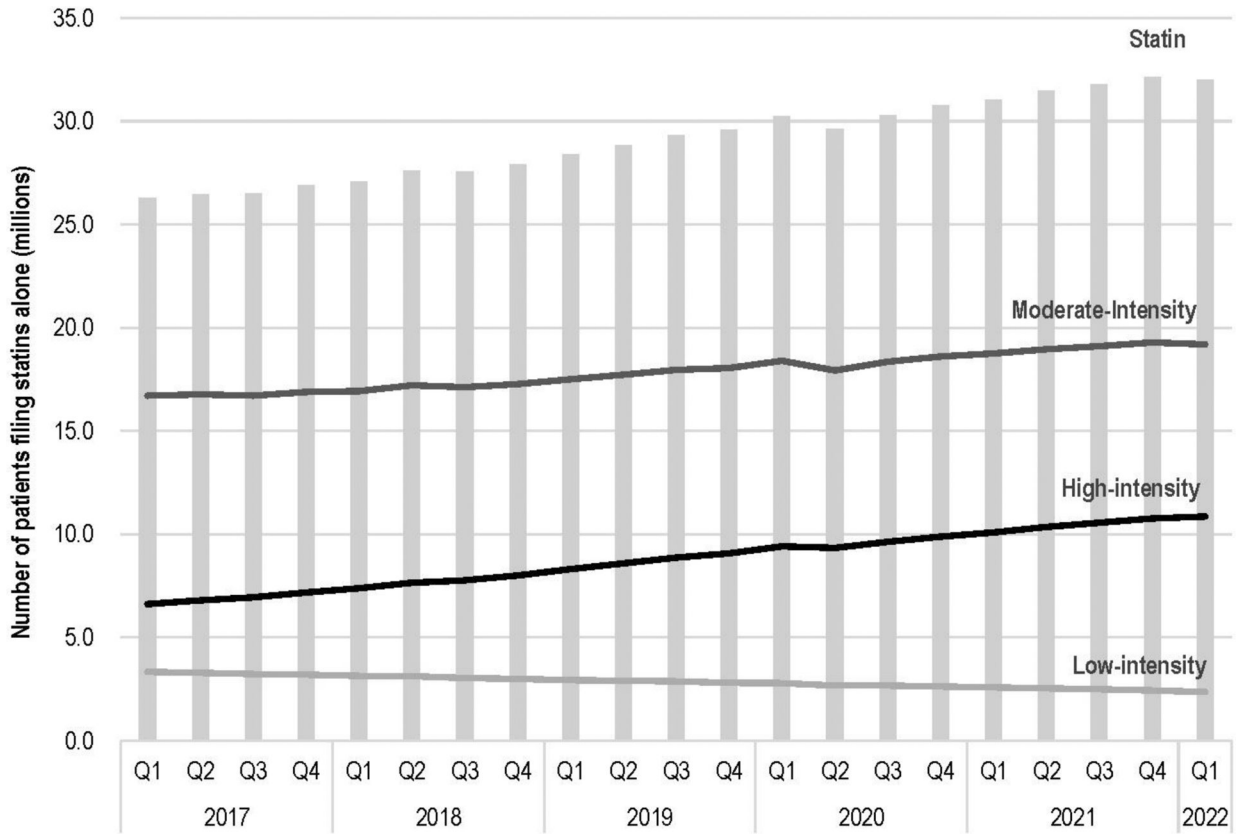
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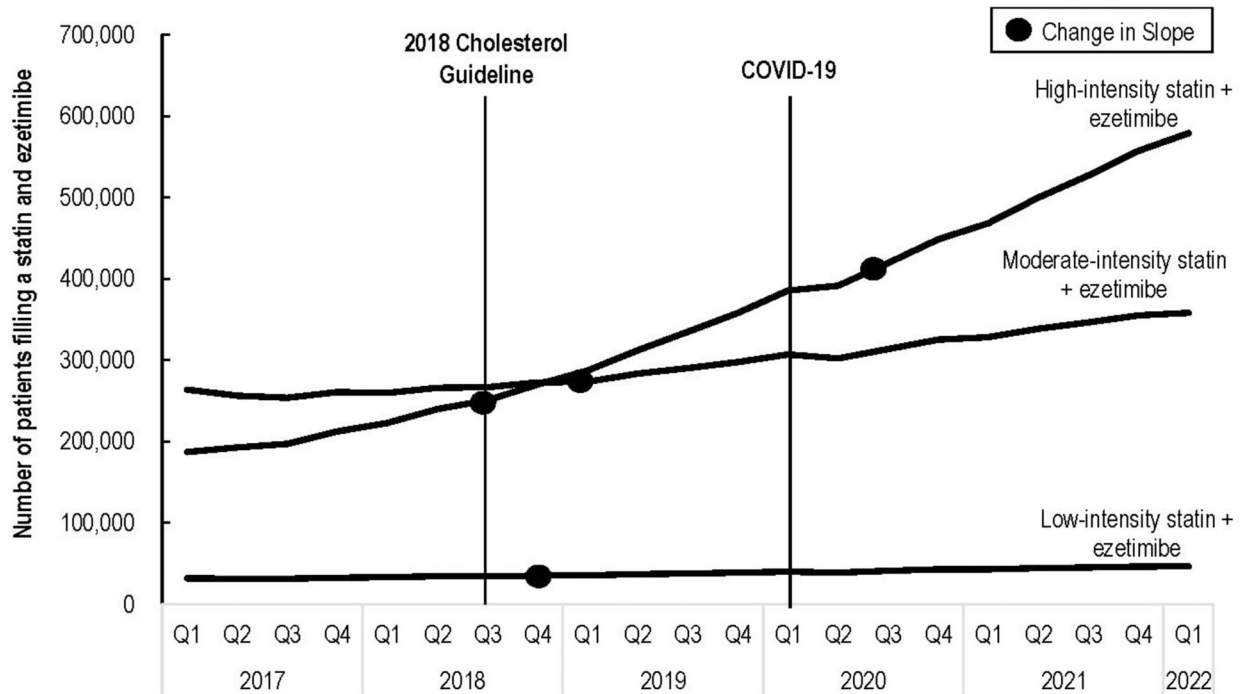
**Figure 1.** Total projected numbers of patients filling any PCSK9 inhibitor, ezetimibe, or statin, Q1 2017–Q1 2022.

*Notes:* IQVIA Total Patient Tracker, Q1 2017–Q1 2022, U.S., data extracted April 2022. The nationally projected numbers of patients that filled any statin (represented by the dotted line on the secondary axis), ezetimibe, and proprotein convertase subtilisin kexin 9 (PCSK9) inhibitor (represented by the solid lines on the primary axis) from an outpatient retail pharmacy (excluding dental, veterinary, and naturopath specialty prescribers) regardless of concurrency. Dots represent when there was a statistically significant change in slope from joinpoint regression. There were no statistically significant changes in slope for statins.



**Figure 2.** Projected number of patients filling a statin alone from outpatient retail pharmacies, overall and stratified by statin intensity, Q1 2017–Q1 2022.

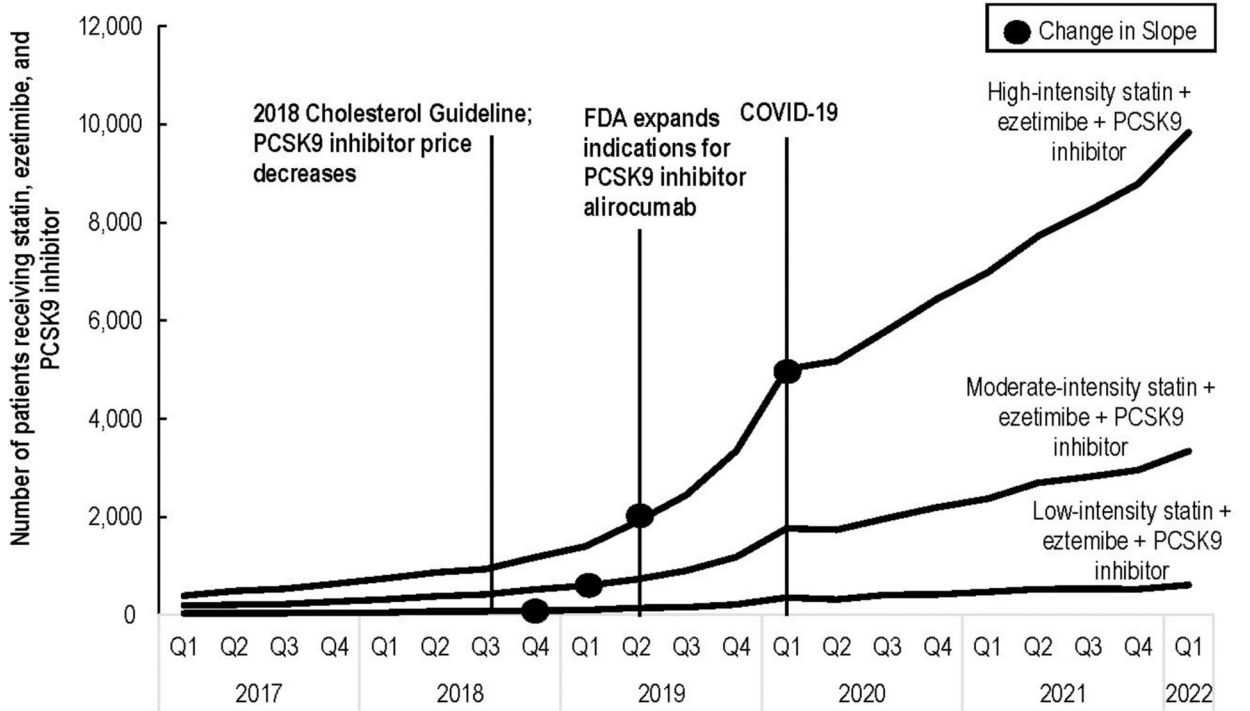
*Notes:* IQVIA Total Patient Tracker, Concurrency Tool, Q1 2017–Q1 2022, U.S., data extracted April 2022. The nationally projected number of patients that filled only a statin as a form of lipid-lowering medication (among statins, ezetimibe, and PCSK9 inhibitors) from U.S. outpatient retail pharmacies (excluding dental, veterinary, and naturopath specialty prescribers), stratified by statin intensity. Patient counts are estimates for each period and should not be summed, at the risk of double-counting patients who filled multiple products or appear in multiple time periods or multiple intensities during the times evaluated.



**Figure 3.**

Projected number of patients filling concurrent statin and ezetimibe from outpatient retail pharmacies, stratified by statin intensity, Q1 2017–Q1 2022.

*Notes:* IQVIA Total Patient Tracker, Concurrency Tool, Q1 2017–Q1 2022, U.S., data extracted April 2022. The nationally projected number of patients that filled a concurrent statin and ezetimibe from U.S. outpatient retail pharmacies (excluding dental, veterinary, and naturopath specialty prescribers), stratified by statin intensity. Dots represent when there was a statistically significant change in slope from joinpoint regression.



**Figure 4.** Projected number of patients filling concurrent statin, ezetimibe, and PCSK9 inhibitor from outpatient retail pharmacies, stratified by statin intensity, Q1 2017–Q1 2022. *Notes:* IQVIA Total Patient Tracker, Concurrency Tool, Q1 2017–Q1 2022, U.S., data extracted April 2022. The nationally projected number of patients that filled a concurrent statin, ezetimibe, and PCSK9 inhibitor from U.S. outpatient retail pharmacies (excluding dental, veterinary, and naturopath specialty prescribers), stratified by statin intensity. Dots represent when there was a statistically significant change in slope from joinpoint regression. In April 2019, the FDA broadened the indications for the PCSK9 inhibitor alirocumab to include secondary event prevention among patients with established cardiovascular disease.<sup>5</sup>

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