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Short Communication

Method and Approach for Using Uric Acid-Lowering Medicines in the Treatment of Coronary Heart Disease

Raffaele Fraccaro*

Department of Clinical and Experimental Medicine, University of Messina, Messina, Italy

DESCRIPTION

Coronary Heart Disease (CHD), a leading cause of morbidity and mortality worldwide, arises from the build-up of atherosclerotic plaques in the coronary arteries. This condition can result in angina, myocardial infarction, and sudden cardiac death. Recent research highlights the significance of hyperuricemia (elevated uric acid levels) as a potential risk factor for CHD, prompting interest in uric acid-lowering drugs as a therapeutic strategy. This article search into the mechanisms and strategic use of these drugs in managing coronary heart disease.

Uric acid and its role in CHD

Uric acid is a byproduct of purine metabolism, which is excreted primarily by the kidneys. While it serves as an antioxidant in its soluble form, excessive uric acid can lead to hyperuricemia, contributing to oxidative stress, endothelial dysfunction, inflammation, and atherogenesis. These pathophysiological processes are closely linked with the development and progression of CHD.

Mechanisms of uric acid-lowering drugs

Xanthine oxidase inhibitors: The primary class of drugs used to lower uric acid levels are Xanthine Oxidase Inhibitors (XOIs), such as allopurinol and febuxostat. These drugs inhibit the enzyme xanthine oxidase, which is responsible for the conversion of hypoxanthine to xanthine and xanthine to uric acid. By blocking this pathway, XOIs reduce the production of uric acid [1,2].

Allopurinol: This well-established XOI has been shown to not only lower serum uric acid levels but also reduce oxidative stress and improve endothelial function. Studies have demonstrated that allopurinol can enhance coronary blood flow and decrease the risk of cardiovascular events in patients with hyperuricemia and CHD.

Febuxostat: A newer XOI, febuxostat is often used when allopurinol is contraindicated or not tolerated. It provides a potent reduction in uric acid levels and has shown potential in reducing cardiovascular risk in certain populations. However, concerns about its safety profile, particularly regarding cardiovascular outcomes, necessitate careful patient selection and monitoring [3].

Uricosuric agents: These drugs, such as probenecid and lesinurad, increase the renal excretion of uric acid by inhibiting its reabsorption in the renal tubules. By promoting uric acid clearance, uricosuric agents effectively lower serum uric acid levels [4].

Probenecid: Commonly used in patients who are under-excreters of uric acid, probenecid can be combined with XOIs to enhance uric acid reduction. It has also been explored for its potential cardiovascular benefits, given its role in mitigating hyperuricemia [5].

Lesinurad: Typically used as an adjunct to XOIs, lesinurad provides additional uric acid-lowering effects. Its impact on cardiovascular outcomes is still under investigation, but its use in combination therapy may offer a comprehensive approach to managing hyperuricemia in CHD patients [6].

Uricase enzyme: Uricase, an enzyme that converts uric acid to the more soluble allantoin, is not present in humans but has been used therapeutically in the form of recombinant uricase (e.g., pegloticase). This approach is typically reserved for severe, refractory cases of hyperuricemia [7].

Pegloticase: Administered intravenously, pegloticase rapidly lowers uric acid levels and is effective in patients with chronic gout and tophi. While its use in CHD is limited, its potent uric acid-lowering capability presents a potential adjunctive therapy in complex cases [8].

Correspondence to: Raffaele Fraccaro, Department of Clinical and Experimental Medicine, University of Messina, Messina, Italy, E-mail: raffaelefraccbio3@gmail.com

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Use strategy in coronary heart disease

The strategic use of uric acid-lowering drugs in CHD involves several considerations:

Patient selection: Identifying patients with both hyperuricemia and CHD is critical. This involves routine screening of serum uric acid levels in patients with established cardiovascular disease or significant risk factors.

Individualized treatment: The choice of uric acid-lowering therapy should be individualized based on patient-specific factors, including the severity of hyperuricemia, comorbid conditions, and tolerance to medications. Allopurinol is often the first-line treatment, with febuxostat and uricosuric agents considered in cases of intolerance or contraindications.

Monitoring and dose adjustment: Regular monitoring of serum uric acid levels, renal function, and potential side effects is essential. Dose adjustments may be necessary to achieve target uric acid levels (<6 mg/dL) and optimize therapeutic outcomes.

Combination therapy: In patients with refractory hyperuricemia, combination therapy using XOIs and uricosuric agents may be required to achieve adequate control. This approach can enhance the efficacy of uric acid reduction and provide additional cardiovascular benefits.

Addressing cardiovascular risk: Beyond uric acid-lowering, comprehensive cardiovascular risk management, including lifestyle modifications, antihypertensive therapy, lipid-lowering agents, and antiplatelet therapy, remains paramount. Uric acid-lowering drugs should be integrated into a holistic treatment plan aimed at reducing overall cardiovascular risk [9,10].

CONCLUSION

Hyperuricemia is increasingly recognized as a modifiable risk factor in the context of coronary heart disease. Uric acid-lowering drugs, through mechanisms involving xanthine oxidase inhibition, uricosuric action, and enzymatic degradation, offer a potential therapeutic method. Strategic use of these medications, customized to individual patient profiles and integrated into comprehensive cardiovascular care, holds potential in mitigating the burden of CHD and improving clinical outcomes. As research continues to evolve, a complex understanding of the exchange between uric acid and cardiovascular health will further refine these therapeutic strategies.

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