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Cardiology News

Cardiology News: Inauguration of the First Lipid Clinic in Sudan

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Abstract

Report on the September 2021 inauguration of Sudan's first dedicated Lipid Clinic at Al-Shaab Teaching Hospital in Khartoum, providing national insurance-covered dyslipidemia screening, familial hypercholesterolemia management, multidisciplinary lifestyle counselling, and medical therapy.

Lipid disorders are an established cause of accelerated and premature atherosclerosis. The magnitude of lipid disorders in Sudan is not well known or studied. Hospital and community-based studies in the African continent show a high prevalence in adults (1).

The first lipid clinic in Sudan was inaugurated in September of 2021 in Shab Teaching Hospital; a major public tertiary hospital with cariology and cardiac surgery services located in the capital Khartoum (2). Picture 1 and 2 show the inauguration ceremony attended by Prof Abdelmonem Alsied (President of Sudan Heart Society), Dr Elnemair (General Director of Shab Teaching Hospital) and the clinic founders Dr Ahmed Suliman and Dr Mujahid Mohammed.

Image (1). Picture from the inauguration ceremony. From left to right, Dr Elnemair, Prof Elseid, Dr Suliman and Dr Mohammed.

The clinic will serve as a major referral center nationwide focusing on counselling, education, laboratory testing, nutritional and exercise advice as well as medical therapy and follow-up. The clinic targets familial hyperlipidemia and their family members, as well as patients with established atherosclerotic disease and high risk patients.

The lipid clinic operates on weekly basis and the team includes physicians , clinical pharmacists and dieticians. . An electronic patient record has been set up and the clinic visits are now sponsored by the national Insurance program. Lipid panel measurements including total cholesterol, HDL cholesterol, LDL cholesterol and serum triglycerides is available in the hospital and covered by the National insurance.

Major challenges still remain. Specialized laboratory testing including measurement of direct LDL cholesterol level, Apo-lipoprotein A and B levels are not yet available as well as gene testing for familial hyperlipidemia cases. Of importance is collaboration with the industry to provide more agents for the treatment of dyslipidemia as the only the available medications in the country are statins and fibrates.

Raising public awareness as well as awareness of medical providers about the importance of lipid disorders and screening the general public and high risk individuals. An active social media presence is an important goal of the service.

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Figure 1: Inauguration Ceremony at Shab Teaching Hospital (Dr. Elnemair, Prof. Abdelmoneim Elseed, Dr. Ahmed Suliman, and Dr.

Mujahed Mohammed)