

Nafise Zangane

NICOTINIC ACID (NIACIN)

Nicotinic acid (niacin) is uncommonly used as therapy for patients with elevated low density lipoprotein-cholesterol (LDL-C). Other therapies such as ezetimibe or a PCSK9 inhibitor are added to statin therapy in patients for whom a further reduction in LDL-C is needed. While nicotinic acid raises high density lipoprotein-cholesterol (HDL-C) significantly, there is no evidence that this use leads to improved patient outcomes. In addition, the use of nicotinic acid is often limited by poor tolerability, and there are concerns about the safety of nicotinic acid as well as its efficacy for clinical end points.

Niacin lowers lipoprotein(a) (Lp(a)) levels by an average 25 percent, and thus it is used for patients with Lp(a) excess and hypercholesterolemia who have elevated LDL-C levels on treatment with maximum tolerated statin therapy plus ezetimibe. (See "Lipoprotein(a) and cardiovascular disease", section on 'Lipid-lowering drugs'.) There is no evidence that a reduction in Lp(a) with niacin reduces clinical events.

Use

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For those patients in whom niacin is chosen, therapy with crystalline nicotinic acid is initiated at 100 mg three times daily and gradually increased to the targeted dosage as tolerated.

Extended release niacin, is a controlled release formulation of nicotinic acid that is administered once daily. It is initiated at a dose of 500 mg nightly for one month and the dosage is titrated to 1000 mg. The standard dosage is 1 to 2 grams nightly. It is advised that the medication be given with a night-time snack, but our experience suggests improved tolerability with dosing after the evening meal.

Side effects

The use of nicotinic acid is often limited by poor tolerability. At standard doses (1.5 to 4.5 g/day), flushing occurs in 80 percent of patients taking the crystalline preparation, and pruritus, paresthesias, and nausea each occur in about 20 percent. Symptoms after a dose of nicotinic acid can last from 10 to 20 minutes up to several hours.

Elevations in hepatocellular enzymes are also common with nicotinic acid and may lead to severe hepatotoxicity, jaundice, and fulminant hepatitis

Medication forms in iran

Nivotinic Acid SobhanDarou 100mg tab

Nivotinic Acid SobhanDarou 25mg tab

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