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Dear Dr. Oz,

In a recent show, on which you hosted Drs. Steven Sinatra and Jonny Bowdon, you supported their views and endorsed their recently published book that promotes the idea that ONLY small LDL are atherogenic and that large LDL are actually good for people. There has been much written and discussed regarding the role of the size of apoB-lipoproteins in the formation of atherosclerotic plaques in arteries, with some believing that small LDL are particularly bad relative to larger apoB-lipoproteins. However, there is no reputable and knowledgeable lipid specialist who would say that large LDL is healthy, or even neutral. You stated that no one, and women in particular, should agree to take a statin for a high LDL cholesterol level unless their doctor documents they have increased numbers of small LDL - this is wrong and, we believe, dangerous advice.

Patients with familial hypercholesterolemia, who are at very high risk for atherosclerosis, have large cholesterol rich particles as their main problem, as do most individuals with high LDL and normal TG and HDL cholesterol levels - these patients have markedly increased cardiovascular risk because their LDL cholesterol levels are high. The idea that large LDL are too big to enter the arterial wall and cause atherosclerosis is factually wrong. Finally, although no medication is perfect, statins have prevented millions of heart attacks and deaths by lowering LDL of all sizes.

Sincerely,

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