

**SPEAKER:** The PCSK9s have been out since 2015, and I have quite a number of people on them. I really have not had a huge amount of problems with adherence. The biggest barriers have been the people not getting it because of insurance. But once they get their supplies, people are using the PCSK9s.

The delivery methods are easy. I can teach pretty much almost anybody to use the pens, the pen injectors. And basically, what I usually do is about, I don't know, after the third or fourth dose of PCSK9, I have the patient do a lipid level. And once they see those numbers, that is a huge motivator for adherence. People are seeing numbers lower than they've ever seen before, and they're ecstatic. And they are very happy to continue taking the PCSK9.

I have had only a few people with enough PCSK9 side effects-- they're quite rare-- to stop adherence. I have a population that tends to have problems. But for the most part, the people are tolerating it, and they're very happy. They will just keep using them.

I think part of the issue is that you need to give them feedback. You need to show people what their numbers are. I have patients who come in and they have no idea what their lipid levels are. They've never been given the results, and I always give patients their numbers. I go over what they are, what they mean, what we're trying to achieve, and why. And then showing people what the numbers are I think really makes a difference with adherence, to statins and to everything else.