



2019

ANNUAL REPORT

*Improving the welfare of patients and
families affected by cholesterol and
triglyceride problems*



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of the National Lipid Association

LearnYourLipids.com

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Our Vision

*A decrease in suffering and death
due to cholesterol and triglyceride
problems led by educated and
empowered patients and caregivers.*

President's Message

The Foundation of the National Lipid Association made great progress in 2019. Fueled by a dedicated board of directors and passionate volunteers, we worked harder than ever to improve the quality of our initiatives and resources, collaborate with like-minded organizations, and recognize the much-needed work of clinicians and researchers in our field aiming to close gaps in patient care.

PATIENT INITIATIVES

Health Screenings

In mid-2018 the Foundation decided to support health screenings around the country aiming to bring awareness to at-risk and/or under-insured populations. Continuing our commitment to that focus in 2019, the Foundation supported the Center for Asian Health Research and Education's health fair at Stanford University on April 27, 2019 to provide cholesterol, blood pressure, and obesity screenings for 75 members of the Asian Community which is disproportionately affected by dyslipidemia.

Through a grant to the Health First Community Health Center in Kentucky, the Foundation supported no-cost LDL-C, TG, and A1C screenings to 166 people in rural areas of Kentucky. Those with levels above recommended goal received counseling from onsite providers and educational materials from the Foundation. Thanks to support from the Southeast Lipid Association and the Southwest Lipid Association, the Foundation will support more screenings hosted by the Health First Community Health Center to reach 175+ Kentucky residents in 2020.



RESEARCH SPONSORSHIP & AWARDS

The Foundation of the NLA offers several prominent honors and awards each year that recognize individuals and their research in the field of lipidology and rare and genetic disorders. We were humbled to honor the following award recipients in 2019:

Donald Hunninghake, MD, Familial Hypercholesterolemia Abstract Award

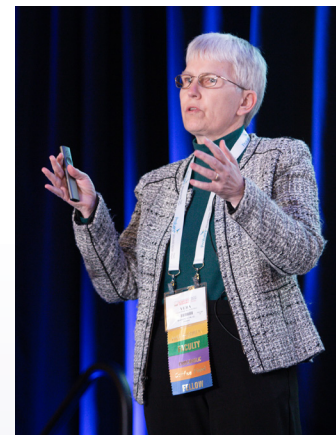
This award recognizes the best submitted abstract in the area of familial hypercholesterolemia (FH) research. Our 2019 winner is Emily Brown, MS, MGC for her abstract titled, "Incorporation of Genetic Testing for Familial Hypercholesterolemia Nearly Doubles Diagnosis Rate." Emily was selected by a review committee of Foundation Board members. She presented her abstract and received the award on Saturday, May 18 during the National Lipid Association's Scientific Sessions in Aventura, FL.

We thank Amgen for their support of this award in 2019.

W. Virgil Brown Distinguished Achievement Award & Lectureship

This award and lectureship program were established to honor its namesake, a founder of the NLA whose contributions to the field of lipidology and the presenting organizations are unparalleled. Since the award's inception in 2009, the NLA and the Foundation of the NLA have annually recognized one exemplary clinician in the field of lipidology who has made outstanding contributions in the diagnosis and treatment of lipid disorders. The Foundation presented the 2019 award to Vera A. Bittner, MD, MSPH, FNLA at the National Lipid Association's Scientific Sessions in Aventura, FL on May 18, 2019.

We thank The Dyslipidemia Foundation for its donation in support of this award.



Clinician/Educator Award

The Foundation of the NLA presented the 3rd annual Clinician/Educator award to Robert S. Rosenson, MD from Mount Sinai Icahn School of Medicine. This award is given annually to an NLA member who demonstrates continued excellence in clinical care of patients with lipid disorders and/or excellence in education in the field of clinical lipidology.

We thank James and Terry Underberg on behalf of the Aaron and Lillie Straus Foundation for their donation in support of this award.



Young Investigator Awards

This abstract award program annually recognizes five (5) young investigators (in-training students, residents, and fellows or members in practice for < 5 years) conducting research in the field of lipidology. The 2019 Young Investigator Award winners are:

1st place: Brian Cheung, MD for, "Severe Combined Hyperlipidemia, Heterozygous APOE p.V254E, Pancreatitis, Diabetes Mellitus, and Plantar Xanthomas".

2nd place: Liam R. Brunham, MD, PhD for, "Impact of Monogenic Familial Hypercholesterolemia and Polygenic Hypercholesterolemia Cardiovascular Disease Risk".

3rd place: Hammad Ur Rahman, MD for, "Effects of Marine Omega-3 Fatty Acids on Cardiovascular Outcomes in Patients with Ischemic Heart Disease: A Meta-Analysis".

4th place: Qian Ye, MD for, “Cognitive Function in Patients on Evolocumab”.

5th place: Michael Wesley Milks, MD, FACC for, “Real-World Health Care Costs Incurred by Early Adopters of PCSK9 Inhibitor Therapy”.

We thank Amgen for their support of this award program in 2019.

Memorial Wall

The Memorial Wall is presented at the NLA Scientific Sessions each year to posthumously honor the leaders and pioneers who were instrumental in shaping the field of clinical lipidology. The Scientific Sessions was selected as the home for this Memorial in order to allow those healthcare providers, researchers, and academics who were and continue to be greatly impacted by the work and influence of the honorees to visit and pay their respects.

In 2019, the Foundation memorialized Akira Yamamoto, MD, PhD (1932-2019), who was the first physician to use a statin in humans and a pioneer in lipoprotein apheresis

To view the memorial wall online, visit lipid.org/memorialwall.

Pediatric Cholesterol Education

The Foundation of the NLA, with its mission to improve the welfare of patients and families affected by cholesterol and triglyceride problems, is working to educate children and adolescents about their lipids to facilitate the early establishment of life-long heart-healthy lifestyle habits.

In 2019 the Foundation of the NLA endorsed the use of comic book-style educational children’s book, *Adventures in Cholesterol* created and written in 2014 by William Liebeskind, Zachary Liebeskind, and pediatrician/Foundation Treasurer Dr. Ann Liebeskind, by providers and families to teach children about cholesterol and its effect on their health.

In partnership with the National Lipid Association’s Pediatric Work Group (PedAL) and 25 volunteer physicians, the Foundation has distributed 934 copies of this educational book.

The Foundation is currently working with our volunteers to assess the impact of utilization of this book in practice. It is our intent that our participants will be better able to:

- Explain cholesterol disorders to their pediatric and adolescent patients
- Employ methods to engage children in their own health management plans
- Record improved satisfaction

The author was inspired to create this book when she began realizing in practice that her pediatric and adolescent patients were disengaged in and non-vocal about their care during their clinic visits. Most often, lab results, diagnoses, treatment plans, and needed lifestyle adjustments were communicated to the parents/caregivers only and she would leave the clinic visit wondering if the patient was properly digesting this new information. Knowing that patients need to understand why they are being asked to make lifestyle changes and, possibly, to take medications in order to improve adherence, Dr. Liebeskind created, in collaboration with her own children, a kid-friendly way to educate patients on cholesterol. Featuring characters from the “Cholesterol Team”, Eli and Ellie the Esters (cholesteryl esters), Lippy the Delivery Guy (LDL particle), Huddle the Housekeeper (HDL particle), and TeeGee the Energizer (triglyceride), and daily health goals represented by comic-style images, *Adventures in Cholesterol* is effective in simplifying a complicated lesson for children.

FOUNDATION FUNDRAISER

Foundation of the NLA 2019 Gala

This year's Miami Nights Gala at the Scientific Sessions in Aventura, Florida was a great success, raising \$43,815 for the Foundation of the National Lipid Association's important patient resource and health awareness initiatives. The money was raised through ticket sales, generous donations from National Lipid Association members, and industry sponsorship.

Attendees also donated items of need to the Miami Rescue Mission, which has provided emergency shelter, job training, healthcare, employment opportunities for homeless men and women, and help for at-risk youth since 1922.



The Foundation provided heart-healthy eating-on-a-budget informational flyers in both English and Spanish for the Miami citizens served by the Rescue Mission programs. We would like to thank Dr. Carl E. Orringer for his generous support of this initiative.

For more information on the Foundation, its initiatives, and resources, visit learnyourlipids.com.

I would like to thank everyone who has supported the Foundation of the National Lipid Association in 2019- by volunteering to work on our patient resource initiatives or awareness campaigns, attending a fundraiser, hosting a Giving Tuesday campaign, speaking with your colleagues and patients about the Foundation, or making a donation.

The Foundation remains focused on its mission to improve the welfare of patients and families affected by cholesterol and triglyceride problems. With your help, we are able to expand our offerings and services to reach more patients, families, and caregivers. I look forward to seeing each of you in 2020.

Anne C. Goldberg, MD, FNLA

President

Foundation of the National Lipid Association

Our Donors

The Foundation recognizes two individual donor contribution levels: Sustaining and Contributing. Sustaining Donors make a gift of \$1,000 or more throughout the course of the year. All other private donations are considered Contributing Donors. Donations of all sizes are greatly appreciated and help make Foundation initiatives possible.

Thank you to our Sustaining Donors in 2019:

Michael H. Davidson, MD, FACC, FNLA

Anne C. Goldberg, MD, FNLA, FACP

Antonio M. Gotto, MD, DPhil, FNLA

John R. Guyton, MD, FNLA

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Carl E. Orringer, MD, FNLA

Ernst J. Schaefer, MD, FNLA *on behalf of The Dyslipidemia Foundation*

James and Terry Underberg *on behalf of the Aaron and Lillie Straus Foundation*

Don & Andrea Wilson *in memory of Clinton Coker*

Don P. Wilson, MD, FNLA

Thank you to our Contributing Donors in 2019:

Lori A. Alexander, MSHS, RDN, CCRC, CLS, FNLA

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Marc and Kirsten Elim *on behalf of Dr. and Mrs. James McKenney*

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Skip & Shirley Rosenbloom *in Honor of Thomas Dayspring, MD from the Jewish Community Foundation of the West*

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Cezary Wojcik, MD, PhD, DSc, FNLA

Fundraising

The Foundation of the NLA seeks support from partners in relevant industries for projects that encourage research in the field and benefit education of healthcare providers that enables enhanced patient care.

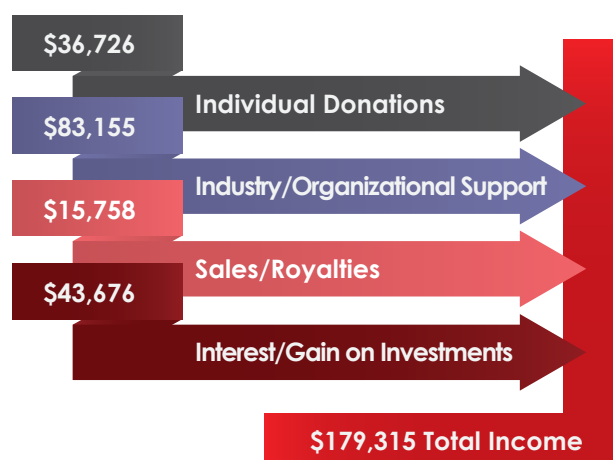
Thank you to our Industry/Organizational Supporters in 2019:

Aegerion Pharmaceuticals (*now Amryt Pharma*)
Ambry Genetics
Amgen

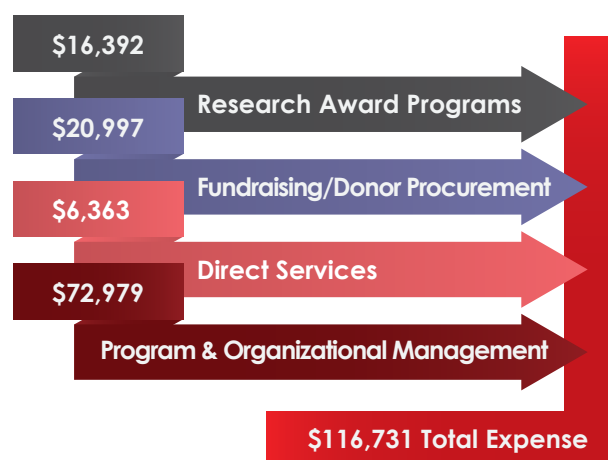
Southwest Lipid Association
Southeast Lipid Association
The Dyslipidemia Foundation

2019 Financial Report

2019 Income by Category



2019 Expenses by Category



The Foundation of the NLA is a registered 501(c)(3) organization | EIN: 20-1576306