

# CURRICULUM VITAE

## 김남훈

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### [학력]

2004	고려대학교 의과대학 학사
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### [경력]

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### [관심분야]

Lipid metabolism, diabetes therapeutics, obesity

### [논문]

1. Kim JY, Kim NH. Initial Combination Therapy in Type 2 Diabetes. *Endocrinol Metab (Seoul)*. 2024 Feb;39(1):23-32.
2. Kim NH, Kim JY, Choi J, Kim SG. Associations of omega-3 fatty acids vs. fenofibrate with adverse cardiovascular outcomes in people with metabolic syndrome: propensity matched cohort study. *Eur Heart J Cardiovasc Pharmacother*. 2024 Feb 23;10(2):118-127.
3. Kim JY, Choi J, Kim SG, Kim NH. Comparison of on-Statin Lipid and Lipoprotein Levels for the Prediction of First Cardiovascular Event in Type 2 Diabetes Mellitus. *Diabetes Metab J*. 2023 Nov;47(6):837-845.
4. Kim KJ, Son S, Kim KJ, Kim SG, Kim NH. Weight-adjusted waist as an integrated index for fat, muscle and bone health in adults. *J Cachexia Sarcopenia Muscle*. 2023 Oct;14(5):2196-2203.
5. Kim JY, Choi J, Kwon Y, Park S, Kim SG, Kim NH. Serum fibroblast growth factor 1 and its association with pancreatic beta cell function and insulin sensitivity in adults with glucose intolerance. *Front Endocrinol (Lausanne)*. 2023 May 22;14:1198311.

## Unraveling the triglycerides puzzle: unifying insights and addressing discrepancies between Korean big-data and RCT findings

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We have observed the results from RCTs and CV-OTs of TG lowering therapies, which mostly failed to prove cardioprotective effects as a single drug. However, several cohort studies within a real world setting, in contrast, consistently showed that Tg lowering therapies, including fenofibrate and omega-3 fatty acids, had a beneficial role in the prevention of atherosclerotic diseases or cardiovascular

outcomes. First of all, there might be publication bias, but considering that, differences evidently are likely to exist between RCTs and RWEs of this topic. I will summarize and discuss about the reasons about that, including the real meaning of hyperTG, impact of TG variability on cardiovascular risk, different strategies to reduce hyperTG, and ethnic difference.