



Lowering LDL-C Beyond Medications: The Role of Plant Sterols

Get all of your burning questions answered by the experts!



Monday, October 27, 2025 7:00 - 8:00 pm EST



Milan Gupta MD, FRCPC, FCCS, CPC(HC)

Assistant Professor,
Department of Medicine, University of Toronto
Medical Director, CCRN
Brampton, ON



John Sievenpiper MD, PhD, FRCPC

Diabetes Canada Clinician Scientist
Professor, Department of Nutritional Sciences & Medicine,
University of Toronto
Staff Physician, Division of Endocrinology & Metabolism,
St. Michael's Hospital
Scientist, Li Ka Shing Knowledge Institute,
St. Michael's Hospital
Nutrition Theme Lead, MD Program,
University of Toronto
Toronto, ON

Join this engaging discussion to explore the potential role of plant sterols for LDL-C and CV risk management in patients unable to reach target with traditional pharmacotherapies.

Learning Objectives

Following participation in this program, participants will be able to:

- Review the mechanism and efficacy of plant sterols in LDL lowering
- Discuss dietary and supplement options to increase plant sterol intake
- Explore patient profiles eligible for plant sterols

Developed By



For program inquiries, contact: info@ccrnmd.com

Register at: www.ccrnmd.com

