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Chris Packard has over his career focussed on two aspects of atherosclerosis research, lipoprotein metabolism and how it is affected by diets and drugs, and large scale clinical trials of lipid lowering agents. More recently his interest has widened to include investigations of emerging risk factors for coronary heart disease and the consequences for social deprivation for health.

Prof Packard has published widely on the kinetics of apolipoprotein B and apolipoprotein A metabolism. Key contributions include evaluation of the role of the LDL receptor in vivo, the discovery of metabolic channelling in the apoB lipoprotein delipidation cascade, and the formulation of models to explain the generation of small, dense LDL. More recent research has focussed on the metabolic consequences of insulin resistance and the causes of the dyslipidaemia in metabolic syndrome. As study director and one of the main investigators of the West of Scotland Coronary Prevention Study (WOSCOPS) and the Prospective Study of Pravastatin in the Elderly at Risk (PROSPER), Prof Packard helped establish the evidence base for statin use in CHD prevention. These trials provide confidence that statins are beneficial in primary prevention and in older adults and reveal a consistency of treatment effect that encourage their widespread use.

Atherosclerosis is now recognised an inflammatory disease and this paradigm was examined using biobank examples from the major clinical trials. Work from Prof Packard's laboratory has helped elucidate the role of CRP in men and the elderly. Further observations have explored the contribution of other inflammatory markers such as lipoprotein-associated phospholipase A₂ to CHD risk.

Current interests include expansion of kinetic studies to encompass the simultaneous study of the metabolism of plasma lipids and apolipoproteins, and exploration of the mechanism of action of novel lipid lowering drugs. Prof Packard is principal investigator of the ongoing pSoBid study, an epidemiological study of the psychosocial and biological determinants of ill health and premature CHD in deprived communities in the east end of Glasgow.

In all these research efforts, the contribution of many local and international collaborators is gratefully acknowledged, especially the career long partnership with Prof James Shepherd.

Outside the lab Prof Packard is active in local and national initiatives to promote health and wealth gains from medical research. He is founding chairman of Nexxus, the West of Scotland Bioscience Network which promotes community building and knowledge exchange between life sciences industry, academia and the NHS.

Professor Packard is a consultant clinical scientist (Eu Clin Chem) and chartered Scientist (Sci) with degrees from Glasgow University (BSc Hons (1st class), PhD and D.Sc. He was appointed honorary professor in the Faculty of Medicine in 1995. He was elected Fellow of the Royal College of Pathologists (FRC Path 1997), Fellow of the Royal College of Physicians & Surgeons in Glasgow (FRCP (Gla) 2002) and Fellow of the Royal Society of Edinburgh (FRSE 2003).