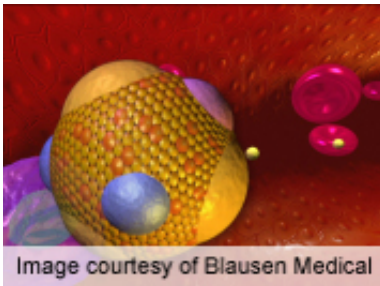


Low HDL cholesterol ups risk of diabetic nephropathy

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High-density lipoprotein cholesterol is an independent risk factor for the development of diabetic nephropathy, but not retinopathy, in patients with type 2 diabetes, according to research published online Aug. 13 in *Diabetes Care*.

(HealthDay) -- High-density lipoprotein cholesterol (HDL-C) is an independent risk factor for the development of diabetic nephropathy, but not retinopathy, in patients with type 2 diabetes, according to research published online Aug. 13 in *Diabetes Care*.

Jamie Morton, M.B.B.S., of The Heart Research Institute in Sydney, and colleagues followed 11,140 patients in the Action in Diabetes and Vascular Disease: preterAx and diamicroN-MR Controlled Evaluation (ADVANCE) study, the participants of which had [type 2 diabetes](#) and at least one additional vascular risk factor. The ADVANCE study was designed to evaluate the association between HDL-C and microvascular disease (composite of renal and retinal events).

Over a median follow-up of five years, the researchers found that 28 percent of patients experienced a renal event and 6 percent experienced a retinal event. Compared with those in the highest third, patients in the lowest third of HDL-C levels had a 19 percent higher risk of renal events (17 percent higher risk of combined renal and retinal microvascular events). There was no association between HDL-C and retinal events ($P = 0.9$).

"In conclusion, in a large population of patients with type 2 diabetes and after adjustment for a wide variety of confounders, low HDL-C level was shown to be an [independent risk factor](#) for the development and progression of [diabetic nephropathy](#)," the authors write. "Measurement of this lipid fraction may be useful in tailoring screening and [therapeutic strategies](#)."

Several authors disclosed financial ties to Servier, which partially funded the study.

More information: [Abstract](#)
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