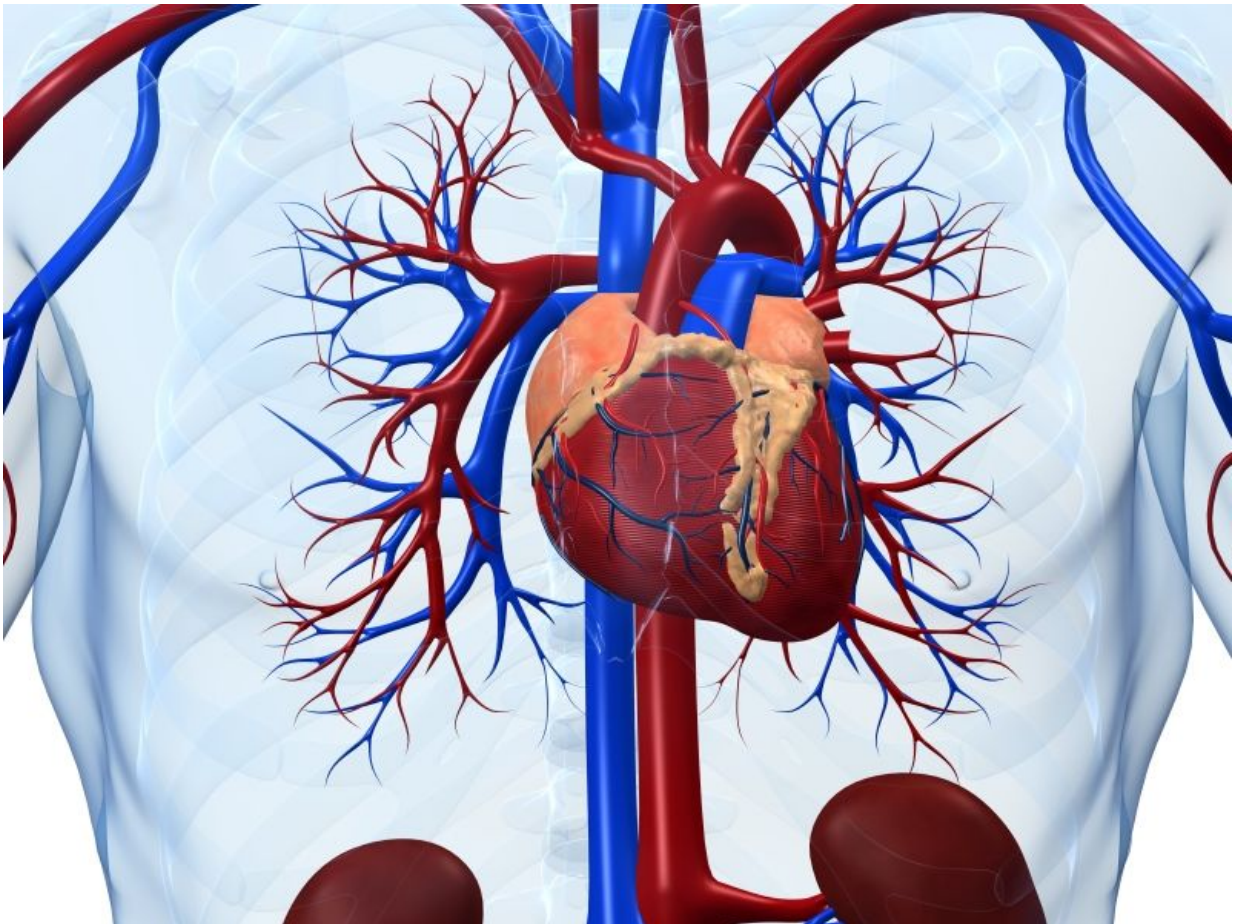


## High TG, low HDL-C levels may help further stratify CHD risk

February 3 2017

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(HealthDay)—A high fasting triglyceride (TG) level combined with a

low high-density lipoprotein cholesterol (HDL-C) level is associated with increased risks of incident coronary heart disease (CHD) and ischemic stroke, especially for patients with diabetes or a low-density lipoprotein cholesterol (LDL-C) level of  $\geq 130$  mg/dL, independent of other atherosclerotic cardiovascular disease risk factors, according to a study published online Jan. 25 in *Diabetes Care*.

Jennifer S. Lee, M.D., from the Stanford University Medical Center in California, and colleagues studied 3,216 American Indians (41 percent with diabetes) who were free from cardiovascular disease at baseline in a prospective cohort (median follow-up 17.7 years). The authors estimated hazard ratios (HRs) for incident ischemic stroke and [coronary heart disease](#) in relation to combined TG and HDL-C status (fasting TG level  $\geq 150$  mg/dL was high; fasting HDL-C level

Citation: High TG, low HDL-C levels may help further stratify CHD risk (2017, February 3) retrieved 16 June 2024 from <https://medicalxpress.com/news/2017-02-high-tg-hdl-c-stratify-chd.html>

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