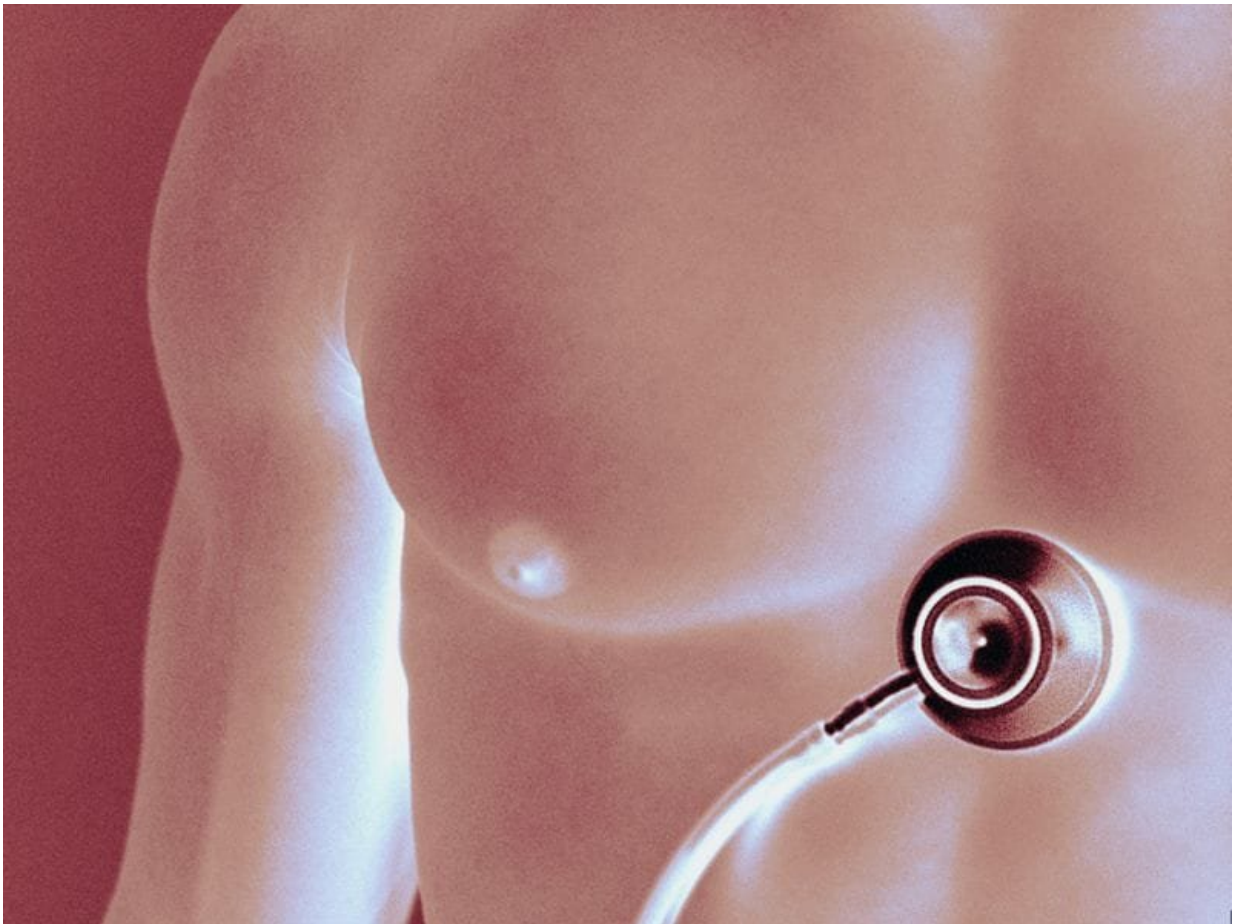


High LDL in young, healthy adults leaves them vulnerable to CVD

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(HealthDay)—Low-density lipoprotein cholesterol (LDL-C) and non-

high density lipoprotein cholesterol (non-HDL-C) ≥ 160 mg/dL are independently associated with increased relative risk of cardiovascular disease (CVD) mortality in a low-risk cohort, according to a study published online Aug. 20 in *Circulation*.

Shuaib M. Abdullah, M.D., from the VA North Texas Medical Center in Dallas, and colleagues examined the long-term associations of various LDL-C and non-HDL-C thresholds and mortality in a cohort of 36,375 participants defined as low-risk for 10-year atherosclerotic CVD events (median age, 42).

The researchers identified 1,086 CVD and 598 [coronary heart disease](#) deaths during a median follow-up of 26.8 years. LDL-C categories of 100 to 129, 130 to 159, 160 to 189.9, and ≥ 190 mg/dL correlated with a significantly elevated risk of CVD death compared with LDL-C

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