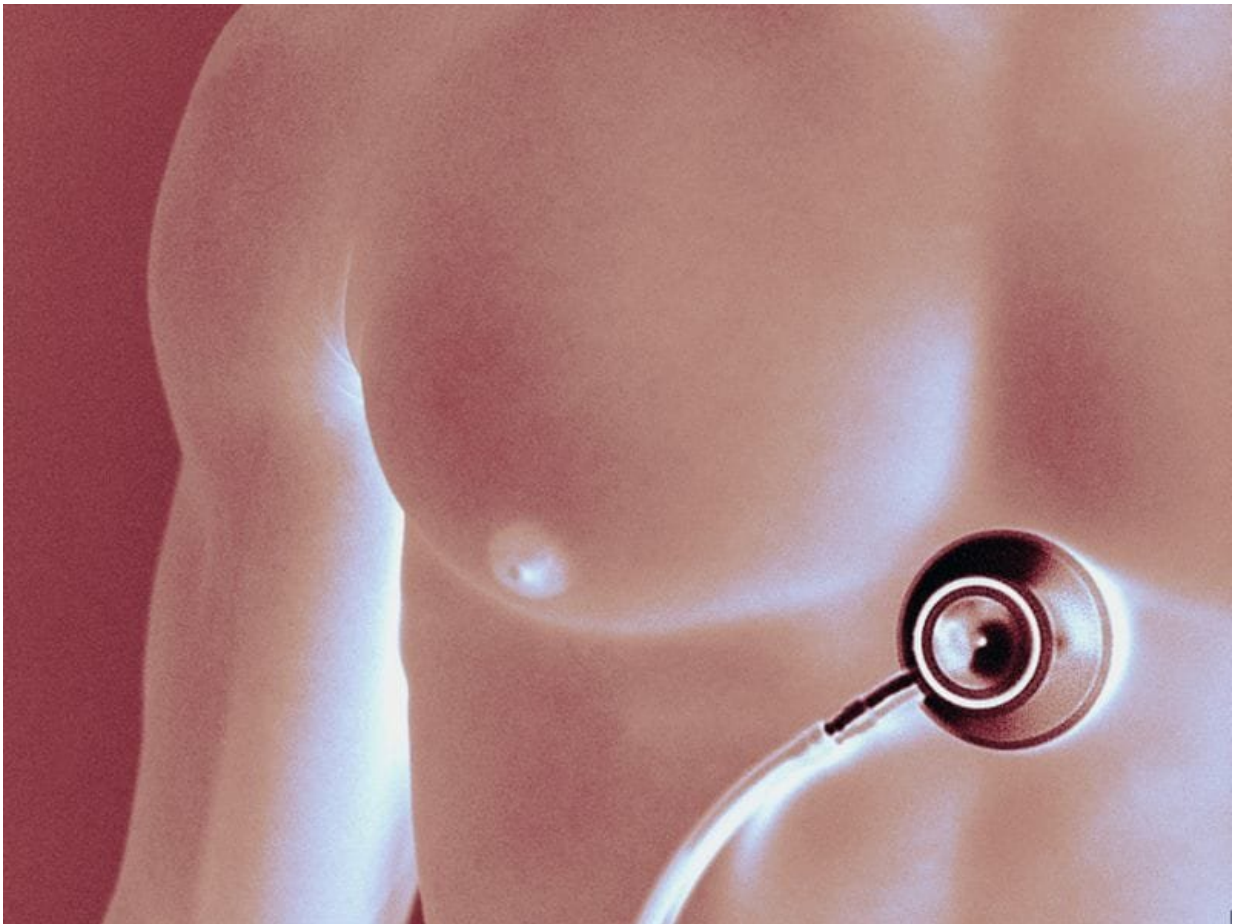


## High LDL in young, healthy adults leaves them vulnerable to CVD

August 28 2018

---



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

high density lipoprotein cholesterol (non-HDL-C)  $\geq 160$  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  $\geq 190$  mg/dL correlated with a significantly elevated risk of CVD death compared with LDL-C

Citation: High LDL in young, healthy adults leaves them vulnerable to CVD (2018, August 28) retrieved 26 April 2024 from

<https://medicalxpress.com/news/2018-08-high-ldl-young-healthy-adults.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.