

Better management of high cholesterol needed in young adults

November 18 2021



(HealthDay)—Many young adults with moderate or severe

hypercholesterolemia do not achieve guideline-directed low-density lipoprotein cholesterol (LDL-C) reduction, according to a research letter published online Nov. 15 in *JAMA Cardiology* to coincide with the American Heart Association Scientific Sessions 2021, held virtually from Nov. 13 to 15.

Shauna L. Newton, M.D., from Massachusetts General Hospital in Boston, and colleagues used clinical registry data to identify two cohorts of adults age 20 to 39 years at the time of a qualifying LDL-C value between 2005 and 2018. A total of 17,591 individuals met the inclusion criteria: Cohort 1 included individuals with an LDL-C value of ≥ 190 mg/dL (5,438 participants), while cohort 2 included those with an LDL-C value of 160 to

Citation: Better management of high cholesterol needed in young adults (2021, November 18) retrieved 23 June 2024 from <https://medicalxpress.com/news/2021-11-high-cholesterol-young-adults.html>

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