

Fracture risk up with higher levels of HDL-C in healthy seniors

January 19 2023, by Elana Gotkine



For older adults, higher levels of high-density lipoprotein cholesterol

(HDL-C) are associated with increased fracture risk, according to a study published online Jan. 18 in *JAMA Cardiology*.

Sultana Monira Hussain, M.B.B.S., Ph.D., from Monash University in Melbourne, Australia, and colleagues examined whether higher HDL-C levels are predictive of increased [fracture risk](#) in [older adults](#) in a post hoc analysis of data from the Aspirin in Reducing Events in the Elderly (ASPREE) clinical trial and the ASPREE-Fracture substudy.

Overall, 1,659 of the 16,262 participants with a plasma HDL-C measurement at baseline experienced at least one fracture during a median of 4.0 years. The researchers found that each 1 standard deviation increment in HDL-C level was associated with an increased risk for fracture in a fully adjusted model (hazard ratio, 1.14). When analyses were stratified by sex, the results were similar. These associations persisted when the analyses included only minimal trauma fractures; participants not taking osteoporosis medications; participants who were never smokers and did not drink alcohol; participants who walked outside for less than 30 minutes per day and did not participate in moderate/vigorous physical activity; and only statin use. Non-HDL-C levels were not associated with fractures.

"These findings highlight another potential concern with high HDL-C levels and another likely adverse effect of the drugs that substantially increases plasma HDL-C levels," the authors write. "Further research is needed to determine the pathophysiological explanation for these findings."

Two authors disclosed financial ties to the [pharmaceutical industry](#).

More information: John Wilkins et al, Higher High-Density Lipoprotein Cholesterol—Good Omen, Bad Omen, or Not an Omen at All, *JAMA Cardiology* (2023). [DOI: 10.1001/jamacardio.2022.5143](https://doi.org/10.1001/jamacardio.2022.5143)

Sultana Monira Hussain et al, Association of Plasma High-Density Lipoprotein Cholesterol Level With Risk of Fractures in Healthy Older Adults, *JAMA Cardiology* (2023). [DOI: 10.1001/jamacardio.2022.5124](https://doi.org/10.1001/jamacardio.2022.5124)

Copyright © 2023 [HealthDay](#). All rights reserved.

Citation: Fracture risk up with higher levels of HDL-C in healthy seniors (2023, January 19) retrieved 2 May 2024 from <https://medicalxpress.com/news/2023-01-fracture-higher-hdl-c-healthy-seniors.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.