



HDL may protect against development of hypertension

Data from a report at the European Society of Cardiology Annual Congress, Vienna 2007 indicate that higher HDL cholesterol levels may protect against the development of hypertension in middle-aged men.¹

In the study, 88 of 311 men developed hypertension (defined as blood pressure >140/90 mmHg or using antihypertensive medication) during a 7-year follow-up period. Men with triglyceride concentrations in the upper-third were 3-fold more likely to develop hypertension than those with concentrations in the lower-third. Multivariate analysis showed that the triglyceride content of HDL cholesterol and apolipoprotein B levels were also associated with the development of hypertension. However, HDL cholesterol levels appeared to be protective (RR 0.7, 95%CI 1.3-0.9 for a 1 standard deviation change in blood pressure).

The authors concluded that while the mechanism of this effect remains speculative, recognition of dyslipidaemia and appropriate treatment is likely to reduce the long-term burden of cardiovascular disease.

Reference

1. Niskanen L, Laaksonen DA, Nyyssonen K et al. Dyslipidemia as a predictor of hypertension in middle-aged men. *Eur Heart J* 2007; 28 (abstract suppl): 630. Abstract P3858.