



More than 50% of patients with non-ST-segment elevation acute coronary syndromes have low HDL cholesterol

Researchers investigated the prevalence of low HDL cholesterol among patients with non-ST-segment elevation acute coronary syndromes (NSTEMI ACS) included in the CRUSADE initiative. Results were presented at the American College of Cardiology 56th Annual Scientific Sessions, March 24-27, New Orleans, USA.¹

Of 93,263 patients with NSTEMI included in the analysis, 52.6% had low HDL cholesterol levels (<40 mg/dL). Nearly one-fifth of patients (18.1%) had very low HDL cholesterol (10-30 mg/dL). These patients were more likely to be younger, male, with features of the metabolic syndrome and had a higher risk of in-hospital mortality (Table).

The authors concluded that strategies designed to raise HDL cholesterol levels warrant further exploration in these high-risk patients.

Table. Clinical characteristic and in-hospital mortality by HDL cholesterol

	10-30 mg/dL	30-40 mg/dL	40-60 mg/dL	60-100 mg/dL
Age (years)*	62 (52 to 74)	64 (54 to 75)	68 (57 to 78)	72 (60 to 81)
% Female	23.0	29.7	46.6	65.5
Median BMI*	29 (26 to 33)	29 (25 to 33)	27 (24 to 32)	26 (22 to 30)
% Diabetic	36.8	32.6	28.8	24.0
Triglycerides (mg/dL)*	163 (111 to 253)	142 (100 to 208)	111 (78 to 161)	86 (62 to 122)
LDL (mg/dL)	92 (68 to 118)	101 (78 to 128)	103 (79 to 131)	98 (74 to 126)
In-hospital mortality	2.9%	2.4%	2.7%	3.4%

* median (interquartile range)

Reference

1. Roe MT, Ou F-S, Ohman M et al. Patterns of HDL levels in patients with non-ST-segment elevation acute coronary syndromes and association with clinical outcomes. J Am Coll Cardiol 2007;49 (suppl A): Abstract 1014-122.