

Re: Lp (a)

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2004-07/0656.html>

From: Zee (zwalanga_at_yahoo.com)

Date: 07/15/04

Date: 15 Jul 2004 13:36:45 -0700

Brad@sheppardsoftware.com (Brad Sheppard) wrote in message news:<b06e736a.0407150629.77a73cab@posting.google.com>...

- > *Marcie,*
- > *Besides Lp(a) your numbers are excellent. What I'd suggest is 1) take*
- > *the NIH risk calc. <http://hin.nhlbi.nih.gov/atpii/calculator.asp?usertype=pub>*
- > *2) try some dietary/exercise changes – take another quiz from Harvard*
- > *that gives dietary/exercise advice*
- > *<http://www.yourdiseaserisk.harvard.edu/hccpquiz.pl?func=start&quiz=heart>*
- > *3) tell your doc your trying to modify your diet to see if it makes a*
- > *difference. 4) or ask your doc, given your low calc risk, why take*
- > *the drugs? Exception: if you have other risk factors – obesity,*
- > *smoking, diabetes, family history, high blood pressure, etc.*

Marcie

"The risk for total mortality was not lower in women treated with lipid-lowering drugs, regardless of whether they had prior cardiovascular disease or not," Dr. Judith M.E. Walsh and Dr. Michael Pignone wrote.

We've been bamboozled' about cholesterol risks
Roni Rabin

<http://www.newsday.com/news/health/ny-dsrabin3881826jul06.0.473904.print.column>

July 6, 2004

If you're a woman like me who worries about your blood cholesterol level, there's something you should know.

Buried in the back pages of a leading medical journal recently was a study that raised serious questions about whether cholesterol-lowering drugs are useful for women who are otherwise healthy.

The study didn't get a lot of media attention. But its results were surprising – especially considering how many millions of women are taking drugs known as statins to lower their cholesterol. Women like me, who've had it drummed into us that heart disease is the leading cause of death we face. And who've been told repeatedly cholesterol is

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a major risk factor.

The paper, published in the Journal of the American Medical Association, examined the results of 13 carefully selected clinical trials and teased out the effects on women. It wasn't easy: At least 80 percent of the participants were men.

The researchers found that for women who are taking statins as a preventative measu