

Re: LDL too low...?

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-10/msg00631.html>

- *From:* "Juhana Harju" <shantigiri@xxxxxxxxxxxxxxx>
 - *Date:* Sat, 15 Oct 2005 10:35:26 +0300
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Juhana Harju wrote:

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::: Jim Chinnis wrote:

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::: I am not aware, however, of any evidence that lowering LDL to very
::: low levels does anything except good. That's not saying that the
::: lower the LDL the better, just that no one has shown otherwise at
::: this point in time.

:::

::: LDL is definitely in association with total cholesterol. Very low
::: total cholesterol is associated with increased risk of
::: non-cardiovascular causes of death i.e. increased cancer risk and
::: increased risk of strokes.

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::: Correction: I meant to say that besides cancer _hemorrhagic_ stroke
::: is associated with low cholesterol (not ischemic stroke which
::: accounts 80 % of strokes).

:::

::: I recall seeing a recent study which
::: implicated that low total cholesterol was not only a result of being
::: ill already but a risk in itself. Still I can not provide any
::: reference as I can't remember which study it was.

:::

: This is quite interesting:

:

: J Womens Health (Larchmt). 2004 Jan-Feb;13(1):41-53.

:

: Why Eve is not Adam: prospective follow-up in 149650 women and men of
: cholesterol and other risk factors related to cardiovascular and
: all-cause mortality.

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: Ulmer H, Kelleher C, Diem G, Concin H.

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: Institute of Biostatistics and Documentation, Leopold Franzens
: University of Innsbruck, Innsbruck, Austria.

:

: PURPOSE: To assess the impact of sex-specific patterns in cholesterol
: levels on all-cause and cardiovascular mortality in the Vorarlberg

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: Health Monitoring and Promotion Programme (VHM&PP). METHODS : In this
: study, 67413 men and 82237 women (aged 20–95 years) underwent 454448
: standardized examinations, which included measures of blood pressure,
: height, weight, and fasting samples for cholesterol, triglycerides,
: gamma–glutamyl transferase (GGT), and glucose in the 15–year period
: 1985–1999. Relations between these variables and risk of death were
: analyzed using two approaches of multivariate analyses (Cox
: proportional hazard and GEE models). RESULTS: Patterns of cholesterol
: levels showed marked differences between men and women in relation to
: age and cause of death. The role of high cholesterol in predicting
: death from coronary heart disease could be confirmed in men of all
: ages and in women under the age of 50. In men, across the entire age
: range, although of borderline significance under the age of 50, and
: in women from the age of 50 onward only, low cholesterol was
: significantly associated with all–cause mortality, showing
: significant associations with death through cancer, liver diseases,
: and mental diseases. Triglycerides > 200 mg/dl had an effect in women
: 65 years and older but not in men. CONCLUSIONS: This large–scale
: population–based study clearly demonstrates the contrasting patterns
: of cholesterol level in relation to risk, particularly among those
: less well studied previously, that is, women of all ages and younger
: people of both sexes. For the first time, we demonstrate that the low
: cholesterol effect occurs even among younger respondents,
: contradicting the previous assessments among cohorts of older people
: that this is a proxy or marker for frailty occurring with age. PMID:
: 15006277

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:

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=15006277&dopt=Citation

I found the full study:

http://www.maxima.or.at/kms/uploads/eve_not_adam_journal_fassung.pdf

::: On the other hand there are doctors (Ornish, Esselstyn) who have
::: succeeded in reversing atherosclerosis with a strict vegetarian or
::: almost vegetarian diet with the aim of reducing total and LDL
::: cholesterol as low as possible. T. Colin Campbell with his China
::: study is among those who promote a vegetarian (vegan) diet and a
::: very low cholesterol achieved mainly by diet.

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Juhana

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- *Follow-Ups:*
 - ◆ *Re: LDL too low...?*

Re: LDL too low...?

◇ *From:* Jim Chinnis

• **References:**

- ◆ **LDL too low...?**
◇ *From:* listener
- ◆ **Re: LDL too low...?**
◇ *From:* Robert
- ◆ **Re: LDL too low...?**
◇ *From:* Jim Chinnis
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- Prev by Date: **Re: LDL too low...?**
- Next by Date: **For MEM,MD and others**
- Previous by thread: **Re: LDL too low...?**
- Next by thread: **Re: LDL too low...?**
- Index(es):
 - ◆ **Date**
 - ◆ **Thread**