ABSTRACT FORM DEADLINE: DECEMBER 1, 2018

Association of University Cardiologists

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Although measuring LDL cholesterol, HDL cholesterol, and triglycerides is a standard method for assessing risk for cardiovascular disease (CVD) and related clinical outcomes, standard lipid testing in clinical practice provides an incomplete picture of the risk and fails to identify about half of the people at risk. Since measuring cholesterol concentration does not identify all CVD risk, increasing attention is being focused on lipid- and lipoprotein related pathways of risk beyond LDL cholesterol, HDL cholesterol or triglycerides.

Lipoproteins are the transport medium for cholesterol and triglycerides and consist of cholesterol, triglycerides, phospholipids, and proteins. We investigated whether detailed high-resolution lipid and lipoprotein phenotypes measured by high-throughput platforms can be used to assess risk of CVD, diabetes, and other clinical outcomes in contemporary US populations. In the JUPITER, Women's Health Study, and VITAL studies (including >50,000 men and women), we found that chemically-measured LDL cholesterol and triglycerides do not sufficiently capture risk related to lipoprotein pathways involved in CVD, diabetes, and other related outcomes, or when assessing individualized responses to preventive therapies such as statins.

These findings support broader profiling of high-resolution lipid and lipoprotein phenotypes as prognostic markers of individual risk and benefit, and support more precision-medicine, individualized approaches to CVD and diabetes risk assessment and prevention strategies.

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