Non-HDL Cholesterol and Myocardial Infarction

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New Orleans — Measuring non-HDL cholesterol may be a better primary screen for risk of first nonfatal myocardial infarction in women than measuring the level of LDL cholesterol, reported Wildon R. Farwell, M.D.

Recent studies have implicated non-HDL cholesterol — including triglyceride-rich very low-density–lipoprotein cholesterol and intermediate-density–lipoprotein cholesterol — as atherogenic, Dr. Farwell said at the annual meeting of the Society of General Internal Medicine.

He and his colleagues at Brigham and Women’s Hospital, Boston, analyzed data on nearly 19,000 women from the Women’s Health Study who neither had a diagnosis of hypothyroidism nor took cholesterol medication. They confirmed 118 self-reported cases of first nonfatal MI and used Cox proportion-