A prospective study of serum high-density lipoprotein cholesterol and recurrent stroke risk

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Introduction: Lipid plays a key role in stroke recurrence. Seldom research on exploring the relationship between high-density lipoprotein cholesterol (HDL-C) and stroke recurrence in China was done.

Aims: To investigate the association between HDL-C and ischemic stroke recurrence.

Method: A total of 1074 patients with ischemic stroke were enrolled from 5 community health centers and underwent baseline surveys during the period of Jan. 2003 to Dec. 2006. After baseline surveys, patients were followed up every 6 months until December 31, 2008. The new stroke events were recorded as the study endpoint.

Results: The proportions of patients with high (>1.04mmol/L), appropriate (0.91–1.04mmol/L) and low.

Conclusions: HDL-C was an independent protective factor of recurrent stroke. HDL-C anomaly contributed to the greater effectiveness than non-HDL-C anomaly on stroke recurrence.