

Title:

Prevention of heart problem

Word Count:

431

Summary:

Despite the confusing findings, it is clear that

keeping cholesterol under control is one of the best ways to avoid heart attack and stroke.

Keywords:

High cholesterol, Heart Problems, Stroke

Article Body:

American Heart Association (AHA) spokeswoman Barbara V. Howard, PhD, says despite the confusing

keeping cholesterol under control is one of the best ways to avoid heart attack and stroke. Ho

nutrition, physical activity, and metabolism and is president of MedStar Research Institute in

"Start with diet, exercise, and weight control -- and if that doesn't do it, medication probab

"There is no question that lowering cholesterol also lowers stroke risk.."

Lewington and colleagues agree that the public health message is unambiguous.

"Treatment should be guided principally by the definitive evidence from randomized trials, [sh

Zocor) substantially reduce not only coronary event rates but also total stroke rates in patie

and blood pressures," they write.

High cholesterol is a major risk factor for death from heart disease, but its impact

on stroke death is less clear, a new analysis combining 61 studies confirms.

In one of the largest evaluations of the research examining cholesterol and mortality ever con

total cholesterol to be strongly protective against death from heart attack for both men and w

Roughly 34,000 deaths from heart disease and 12,000 deaths from stroke were recorded among the

the studies.

Among adults between ages 40 and 89, a reduction in total cholesterol of 39 mg/dL (or 1 mmol/L

33% reduction in heart disease deaths.

Among those aged 50 to 69 and 70 to 89, respectively, 1 mmol/L lower total cholesterol was ass

reductions in the risk of death from heart disease.

"The message is clear with regard to heart disease," researcher Sarah Lewington, DPhil, of the

WebMD. "If you are at risk for heart disease or have it, the lower your cholesterol, the bette

Cholesterol and Stroke Death

But important questions remain about the impact of cholesterol levels on death from stroke.

While studies of cholesterol-lowering Statin Drugs (Lipitor, Zocor) unequivocally show the dru

stroke, most observational studies like the ones included in the latest analysis have failed t

between blood cholesterol levels and death from stroke.

Some have even shown low total cholesterol to be associated with an increased risk of death in

"We don't really understand these findings, and they certainly invite future research," Lewing

from randomized trials clearly shows that lowering cholesterol with statins has a positive imp

saying that lowering cholesterol is bad news for strokes."

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