

Comparative Study Of Search And Possible Correlation Lp (A) And Hdl Cholesterol In The General Population.

Rousakis Nikos, Patiakas Stefanos, Chatzizisi Stella, Tsiatsiou Ourania,

Microbiological Department and Blood Donation Department of General Hospital of Kastoria, Greece

Purpose: To study the possible effects of Lp (a) on cholesterol levels of HDL cholesterol, since, according to the latest scientific data, although Lp (a) cholesterol is included in the important risk factors for diseases of the cardiovascular system, and HDL cholesterol is included, however, the favorable factors in terms of prevention.

Methods: Material of our study were 105 individuals in the general population, not taking lipid medication. There were 58 men and 47 women, aged 32-81 years, whose lipid profile was examined in the Biochemistry Laboratory, after 12 hour fasting. There followed a statistical study of our data with the program SPSS.

Results: The mean Lp (a) cholesterol was $34,5 \pm 22,8$ mg / dl and HDL cholesterol $44,7 \pm 7,1$, while the volatility of the two actors were on hand the Lp (a) cholesterol 3,8-161,2 mg / dl, and for their HDL cholesterol 13-126. In comparison, average prices, depending on sex and are shown in the table below:

MALE	Lp(a) mg/dl	<10	10-20	20-30	30-40	>40
	HDL	59,2	48,7	46,9	45,8	43,8
	P	0,00	0,07	0,31	0,29	0,33
FEMALE	Lp(a) mg/dl	<10	10-20	20-30	30-40	>40
	HDL	56,4	45,7	44,8	44,4	39,7
	P	0,00	0,20	0,27	0,30	0,32

Conclusions: It turns out therefore that in both sexes there is a clear correlation between the values of Lp (a) and HDL cholesterol, since as an ever-increasing price of Lp (a) cholesterol, the (statistically significant), diminish progressively value of HDL cholesterol. Indeed, as demonstrated by the results of the above table, the examinees with very low Lp (a) cholesterol (<10 mg / dl), had very high HDL cholesterol (exceeded the 100, average 59.2 for men and 56.4 for women), highlighting the most solemn manner, the usefulness of examining the search-estimation of potential cardiovascular risk.