



Assessment of Triglyceride to High-density Lipoprotein Ratio as an Indicator of Coronary Artery Disorder

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ABSTRACT

Introduction: Increased ratio of Triglyceride (TG)/ High-density Lipoprotein (HDL) has been known as an accompanying finding in conditions like obesity and metabolic syndrome. Therefore, the aim of this study was to assess the utility of TG/HDL ratio as a diagnostic tool for the assessment of coronary artery disease (CAD).

Methods: This study was conducted at a semi-private hospital Karachi; patients above 15 years of age and undergone angiography or PCI were included. Patients with Congenital Heart Disease and familial hyperlipidemia were excluded. TG/HDL ratio was obtained for all patients, severity of the disease was classified as normal, mild to moderate, moderate to severe, and very severe based on coronary angiography. Analysis of variance was applied to assess significant differences in mean TG/HDL ratio among severity of disease. P-value<0.05 was considered significant. **Results:** A total of 2,212 CAD patients were reviewed out of which 1613 (72.9%) were male and 599 (27.1%) were female. Average age of the patients was 55.12 years (\pm SD=9.93). Of these 2212 patients, 533 (24.1%) had very severe disease, 1213 (54.8%) had moderate to severe disease, 258 (11.7%) had mild to moderate disease, and 208 (9.4%) were normal.

Conclusions: A positive relationship between Triglyceride to HDL Ratio and severity of coronary artery disease was observed. Therefore, TG/HDL ratio can be used as an indicator of severity of coronary artery disease in addition to other parameters of lipid profile.



1. Physical exercise in the rehabilitation of dialysis patients
2. Recommendations of the Working Group of the Polish Nephrology Society regarding the quality criteria of dialysis treatment of patients due to end-stage.
3. Probation officer in the face of new tasks and changes in the social rehabilitation system.
4. Summary of clinical practice guidelines for pre- and postoperative care of natural arteriovenous and prosthetic fistulas.
5. Glen Mills School in the US Youth Crime

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