

Review of international medical news

Scientists have assessed the prognostic value of the low-density to high-density lipoprotein cholesterol ratio (LDL/HDL) for evaluating stroke risk in patients with cardio-reno-metabolic syndrome.

The analysis was conducted among 7,867 participants with cardio-reno-metabolic syndrome from the CHARLS database for the period 2011–2020. During the follow-up period, stroke developed in 501 participants, accounting for 6.4% of the sample.

The study showed that the LDL/HDL ratio was associated with an increased risk of first-ever stroke. The incidence of the disease increased with the rise in the LDL/HDL ratio, from 4.5% in the group with the lowest ratio to 7.9% among participants with the highest ratio.

The authors concluded that early detection and correction of elevated levels may improve risk stratification and enhance the effectiveness of stroke prevention.

According to the Atherosclerosis

Specialists from the University of Bristol evaluated the outcomes of surgical treatment and factors influencing mortality in patients with aortic valve endocarditis.

An analysis was conducted on data from 3,694 patients with native aortic valve endocarditis who underwent aortic valve replacement between 1996 and 2019. Participants were divided into survivor and non-survivor groups, with in-hospital mortality after surgery as the primary outcome.

The analysis showed that in-hospital mortality was 7.85% and decreased over the study period.

Thus, it was demonstrated that the urgency of surgery and the need for preoperative inotropic support are associated with an increased risk of in-hospital mortality in patients with native aortic valve endocarditis.

According to the Open Heart

Scientists have found that the use of hydroxychloroquine in patients with cutaneous forms of systemic lupus erythematosus was associated with a lower risk of cardiovascular complications and metabolic disorders.

Data from two groups of patients with discoid lupus erythematosus without other autoimmune diseases were analyzed. The first cohort included 106 patients from the Johns Hopkins Medical Center, and the second included 4,520 participants from the TriNetX database. The risk of various cardiovascular complications was assessed over a 5-year follow-up period.

The analysis showed that among patients taking hydroxychloroquine, hyperlipidemia developed significantly less frequently compared to patients without such therapy — in 23.3% of cases versus 47.8%.

According to the researchers, the drug may be considered a promising first-line therapy option in some patients with this disease.

According to the Journal of the American Academy of Dermatology

According to data from scientists in Paris, common food preservatives increase the risk of developing cardiovascular diseases and arterial hypertension.

The study involved 112,395 people with a mean age of 42.8 years. The mean follow-up period was 7.9 years.

The analysis showed that people who consumed the highest amounts of preservatives had a 29% increased likelihood of developing hypertension compared to those who ate foods with low preservative content. The risk of cardiovascular diseases under the influence of preservatives increased by 16%.

The authors conclude that both the preservatives themselves and antioxidants, which also keep food fresh by slowing oxidation, had an impact.

According to the Journal of the European Heart Journal

As part of the REGARDS cohort study, specialists assessed how a history of myocardial infarction affects subsequent cognitive decline.

Data from 20,923 people without baseline cognitive impairment enrolled in the REGARDS study from 2003 to 2007 were analyzed. The median follow-up was 10.1 years. Demographic factors, cardiovascular risk factors, and subsequent cardiovascular events were also included in the analysis.

A history of myocardial infarction was associated with faster cognitive decline over a long follow-up period. Notably, cognitive decline was observed after both clinically confirmed and silent (asymptomatic) infarctions.

According to the Journal of the Circulation

Scientists evaluated the impact of physical activity intensity on the risk of developing chronic diseases. Just a few minutes of vigorous physical activity per day substantially reduced the risk of disease and mortality. Importantly, not only the duration but also the intensity of the activity mattered.

The results indicate that a higher proportion of vigorous activity was associated with a reduced risk of major chronic diseases, including cardiovascular disease, type 2 diabetes, and dementia.

Thus, even short periods of vigorous physical activity can significantly reduce the risk of chronic diseases and mortality, and increasing the proportion of such activity in daily life improves the long-term prognosis for complications.

According to the European Heart Journal