



## Fasting and Postprandial lipid profile and its correlation with CAD severity using SYNTAX score.

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### Abstract:

**Background:** High serum lipid levels are related strongly to the development of atherosclerosis. It has been increasingly recognized that postprandial responses, such as those relating to glucose and triglyceride metabolism, may trigger a number of proatherosclerotic and prothrombotic processes, including inflammation, oxidative stress, and vasoconstriction

**Methods:** This was a prospective study of 530 patients who had undergone CAG at our hospital from 2014-2017. Fasting Lipid profile was sent after minimum 8hrs fasting while postprandial lipid profile was collected 2 hrs after meal. Lipid profile was measured using Freidwald formula and LDL and VLDL level were not reported if TG higher than 400. SYNTAX score was calculated from official SYNTAX site.

**Results:** We studied 530 patients, out of which 404 (76%) were male and 126(24%) were female. Patients with intermediate and high syntax score had higher Fasting and PP Cholesterol level. However, there was no significant difference in SYNTAX score when fasting and PP cholesterol values using were compared by paired t test. Patients with intermediate and high syntax tertile had higher fasting and PP TGs value, with high PPTGs level associated with higher SYNTAX score, as compared to fasting. There is no significant difference in SYNTAX scoring tertile in high LDL level either fasting or PP. Higher HDL level was associated with lowers overall SYNTAX score.

**Conclusion:** Patients with IHD have significantly de-ranked lipid profile with corresponding high risk associated with worsening lipid profile. High Post prandial TG



is a potential risk factor for severe CAD in our study.

### Biography:

Dr Saurabh Potdar is an interventional cardiologist by profession and works with SYMBIOSIS MEDICAL COLLEGE FOR WOMEN, Pune. He holds a DM in Cardiology and MD in Internal Medicine. He gathers a total experience of 3 years in the field of Interventional cardiology. Dr. Saurabh is passionate about working in preventive cardiology as well as in advanced imaging modalities in the field of Structural heart disease and Interventional Cardiology.

### Publication of speakers:

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3. Lipids and atherosclerosis. Biochem. Cell Biol. 82: 212-224 (2004).
4. Garber AM, Avins, et al. Triglyceride concentration and coronary heart disease. BMJ 1994; 309:2.

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