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Relationship between Hyperlipidemia, Cardiovascular Disease and Stroke: A Systematic Review

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Abstract: Background: Globally, dyslipidemia has been shown to be an independent predictor of many cardiovascular and cerebrovascular events, which lead to recent advocacy towards dyslipidemia prevention and control as a key risk factor and its prognostic significance to reduce the burden of stroke and myocardial infarction. Aim: This study aimed to evaluate hyperlipidemia as a risk factor connected with stroke and CVD. Moreover, having identified this risk factor, the study evaluates how hyperlipidemia has been examined earlier and what can be done in the future. Methods: All prospective studies concerning hyperlipidemia as risk factors for stroke and CVD were identified by a search of PubMed/MEDLINE and EMBASE databases with keywords hyperlipidemia, risk factors, stroke, and cardiovascular disease. Results: The constant positive association between the incidence of coronary heart disease and cholesterol concentration of LDL is apparent in observational studies in different populations. Thus, the reduction of LDL cholesterol in those populations, particularly with regard to initial cholesterol concentrations, can reduce the risk of vascular diseases. However, the impact of using lipid-lowering drugs, such as statins, has been demonstrated in several studies as an important factor in decreasing the mortality and morbidity in rates of patients with stroke and CVD. Conclusion: After reviewing all the research mentioned in this review, it can be confirmed that hyperlipidemia is a risk factor for stroke and correlated in patients with CVD.