

# Age Related Difference in the Lipid Profile in Normal Healthy Women

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## Age Related Difference in the Lipid Profile in Normal Healthy Women

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## Abstract :

**Background and objectives:** Lipid disorder is a major risk factor for the progression of coronary artery disease. Age alone is a significant predictor of CVD risk in men and women. Before menopause, women have a much lower risk for cardiovascular events compared with men of their age. Reasons for protection from CVD in premenopausal women are complex, but a significant contribution can be assigned to the greater high-density lipoprotein (HDL) levels in younger women, which is an effect of estrogen.

**Methods:** Fasting blood samples were collected from 40 healthy individuals (40 females divided into 2 groups according to age). Serum total cholesterol, triglycerides, and HDL- Cholesterol were estimated by enzymatic methods and LDL was calculated by Friedewald's equation.

**Results:** The result showed increase in total cholesterol, triglyceride and LDL-Cholesterol and decrease in HDL-Cholesterol in women in perimenopausal period as compared to women in the younger age group.

**Conclusion:** It can be concluded that serum lipid profile changes can possibly be mediated by changing hormonal profile, especially estrogen which has role in lipid metabolism and indirectly on coronary artery disease.

**Keywords:** Coronary artery disease, Friedewald's equation, perimenopausal period.

## Reference

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