

中文題目：脂蛋白 a 異常增加心血管疾病風險而非脂肪肝風險：北區某醫學中心之健診中心回溯性分析

英文題目：Abnormal lipoprotein(a) is associated with cardiovascular events but not fatty liver severity in Taiwan: a health-checkup cohort from a tertiary medical center.

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Background: Lipoprotein (a) [Lp(a)] is the easy to ignore issue but has been documented as an independent atherosclerotic cardiovascular disease [ASCVD] risk factor. Fatty liver disease is associated with ASCVD but the association to Lp(a) is not clear. We aim to clarify the association between lipoprotein (a)[Lp(a)] and the risk of cardiovascular disease and fatty liver disease in Taiwan.

Methods: From January 1, 2002 through December 31, 2014, a total of 3427 participants who underwent health check-up examination at a tertiary healthcare center were analyzed and divided into four groups depending on Lp(a) level. Further statistical analysis of the association between Lp(a) with cardiovascular events and fatty liver severity were done by SAS software.

Results: Overall, elevated Lp(a) level (>30mg/dl) accounts for 12.9% and very high level (>70mg/dl) accounts 2.7%. A total of thirty-three cardiovascular events were discovered, including twenty-seven coronary artery diseases and six strokes. Very high Lp(a) level is associated with higher risk of coronary artery events. The prevalence of fatty liver and moderate to severe fatty liver are 15.9 % and 6.9 % separately. The severity of fatty liver is not associated with level of Lp(a).

Conclusion: We presented the prevalence of Lp(a) data in a subclinical healthy Taiwanese population which is less discussed in past research and document the association between very high Lp(a) level with higher coronary events. In another hand, the severity of fatty liver is not associated with level of Lp(a).