Lp(a)/Lifestyle Factors

2. Writing Group (list individual with lead responsibility first):
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3. Timeline:
Analysis:  Winter 1992
Draft:  Spring 1992

4. Rationale:
Lipoprotein(a) [Lp(a)] is a relatively newly appreciated risk factor for CVD that combines structural
elements from lipoproteins and blood fibrinolytic factors. Most research in relation to Lp(a) has focused on
its genetic determinants and its molecular structure. Lifestyle factors are presumed to have little influence on
Lp(a). We believe that the ARIC study, with its biracial population, provides an excellent opportunity to
verify whether there is any association between Lp(a) and various lifestyle factors. Factors of interest to us
are smoking, alcohol drinking, physical activity, diabetes, female hormone use and various nutrients and anti-
oxidants. We have confirmed that this does not overlap with Pam Schreiner's manuscripts on Lp(a) (#090,
090a, 091) and Dr. Heiss's MS #006.

5. Main Hypothesis:
Lifestyle factors known to promote CVD risk are associated with higher Lp(a) levels.

6. Data (variables, time window, source, inclusions/exclusions):
ARIC visit 1.  Dependent variable: Plasma lipoprotein(a) [Lp(a)].
Independent variables: age, race, sex, risk factors such as physical activity, smoking, nutrients, female
hormones, etc.

Keywords:  ApoA, CHD, smoking, alcohol, physical activity