

High Cholesterol is Neutral or Beneficial for the Elderly

One Meta-analysis and One Study

“We identified 19 cohort studies including 30 cohorts with a total of 68 094 elderly people, where all-cause mortality was recorded in 28 cohorts and CV mortality in 9 cohorts. . . . **High LDL-C is inversely associated with mortality in most people over 60 years.**” [Emphasis added.]

– Lack of an association or an inverse association between low-density-lipoprotein cholesterol and mortality in the elderly: a systematic review, Ravnskov, et. al., BMJ Open Journal, Vol. 6, Issue 6.

<http://bmjopen.bmj.com/content/6/6/e010401.full.pdf+html>

“These associations indicate that high lipoprotein levels do not seem to be definitely harmful in the general population.”

– Association of lipoprotein levels with mortality in subjects aged 50 + without previous diabetes or cardiovascular disease: A population-based register study, Lisa Bathum et al., Scand J Prim Health Care, 2013 Sep; 31(3): 172–180.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3750440/>

Framingham

“After age 50 years there is no increased overall mortality with either high or low serum cholesterol levels.”

– Cholesterol and mortality. 30 years of follow-up from the Framingham study, Andersn KM et. al., JAMA, 1987 Apr 24;257(16):2176-80.

<https://www.ncbi.nlm.nih.gov/pubmed/3560398#>

18 Studies Showing Cholesterol Protective in Elderly

The following page has 18 studies from the most respected peer-reviewed journals. Here’s 1 example:

“Neither high-density lipoprotein cholesterol nor low-density lipoprotein cholesterol was associated with mortality.”

– Risk factors for 5-year mortality in older adults: the Cardiovascular Health Study, Fried LP et. al. JAMA, 1998 Feb 25;279(8):585-92.

<https://jamanetwork.com/journals/jama/fullarticle/187277>