

Poster presentation

## Impact of fasting bloods on hypertriglyceridemia

NA Billing\*, GJ Moyle and M Nelson

Address: Chelsea and Westminster Hospital, London, UK

\* Corresponding author

from Ninth International Congress on Drug Therapy in HIV Infection  
Glasgow, UK. 9–13 November 2008

Published: 10 November 2008

*Journal of the International AIDS Society* 2008, **11**(Suppl 1):P98 doi:10.1186/1758-2652-11-S1-P98This abstract is available from: <http://www.jiasociety.org/content/11/S1/P98>

© 2008 Billing et al; licensee BioMed Central Ltd.

### Purpose of the study

Abnormalities of lipid metabolism are common in HIV-infected patients and are accentuated in those receiving antiretroviral therapy, particularly with ritonavir. The measurement of non-fasting triglyceride levels is not currently common place as no standard values have been developed. The purpose of this study is to identify whether routine non-fasting bloods obtained in clinic are representative of lipid levels when compared to fasting levels.

### Methods

Patients identified as having triglyceride levels above 3.0 mmol/l were requested to return for fasted sampling prior to consideration for potential intervention.

### Summary of results

- 34 patients with elevated triglyceride levels were included
- All were males with a mean age of 47(± 8.6) years

See Table 1.

76% of patients had a reduction in their triglyceride levels with repeated fasting. 81% of patients had a reduction in their HDL:Cholesterol ratio when bloods were repeated fasting. Both these results were statistically significant at a confidence interval of 95%.

### Conclusion

All individuals should routinely have their bloods taken in the fasting state. Failure to do so may result in the inap-

propriate initiation of lipid-lowering agents or potential treatment changes.

**Table 1: Results of lipid levels when fasted.**

Biochemical marker	n of group	Mean routine lipid levels (mmol/l)	Mean percentage reduction with fasted bloods	95% CI
Cholesterol	34	6.04(± 1.2)	-4.6%	-10.27%, 1.00%
HDL:Cholesterol ratio	11	7.11(± 1.92)	-35.4%	-56.27%, -14.57%
Triglyceride level	34	5.29(± 2.9)	-29.5%	-41.33%, -17.64%

Publish with **BioMed Central** and every scientist can read your work free of charge

*"BioMed Central will be the most significant development for disseminating the results of biomedical research in our lifetime."*

Sir Paul Nurse, Cancer Research UK

Your research papers will be:

- available free of charge to the entire biomedical community
- peer reviewed and published immediately upon acceptance
- cited in PubMed and archived on PubMed Central
- yours — you keep the copyright

Submit your manuscript here:  
[http://www.biomedcentral.com/info/publishing\\_adv.asp](http://www.biomedcentral.com/info/publishing_adv.asp)

