

CARDIOVASCULAR RISK IN INDIVIDUALS WITH COELIAC DISEASE IN THE TRØNDELAG HEALTH STUDY (HUNT4)

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Population-based screening in the Norwegian HUNT4 study found that individuals with coeliac disease have significantly lower traditional cardiovascular risk factors and lower 10-year CVD risk scores compared to non-coeliac controls.

KEY POINTS

- Among 56,042 adult participants screened by anti-transglutaminase antibody serology, 468 (0.80%) received a new coeliac disease diagnosis and 309 (0.57%) had previously diagnosed disease.
- Individuals with coeliac disease smoked significantly less, had lower BMI, waist-hip-ratio, glycated hemoglobin, serum creatinine, and hsCRP levels compared to 52,438 controls ($p < 0.05$ for all).
- SCORE2 cardiovascular risk scores were significantly lower in coeliac disease cases ($n=589$) versus controls ($n=39,747$), remaining significant after adjustment for education level (OR 0.84, 95% CI 0.72-0.98) and for hsCRP and serum creatinine (OR 0.85, 95% CI 0.78-0.99).
- The known coeliac disease group was older (median 57 years) and predominantly female (72%) compared to newly diagnosed cases (median 53 years, 54% female), suggesting demographic differences may partly explain the observed lower cardiovascular risk.
- This large population-based study is relevant to clinicians managing coeliac disease patients and to researchers investigating cardiovascular disease risk in immune-mediated enteropathies.

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