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Does neutrophil/lymphocyte ratio affect coronary artery disease severity?

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Background: White blood cell count is an independent predictor of cardiovascular events. NLR proposed as prognostic marker to pro-inflammatory state imposing worse outcome in CAD patients.

Objectives: We evaluate whether Neutrophil/Lymphocyte Ratio (NLR) affects coronary artery disease severity.

Methodology: Our study included 101 CAD patients. NLR calculated by absolute neutrophil count divided by absolute lymphocyte count. Severity of CAD was determined by an interventional cardiologist unaware of study aims.

Results: Patients divided into three groups according to NLR: <2 , $2-3$ and >3 . NLR was independently associated with CAD severity. Patients with $NLR > 3$ had severe CAD ($P=0.001$). CAD severity divided into three categories (0-30%, 30-70% and $>70\%$). NLR increased with severity of CAD ($P=0.00$). Mean neutrophil count increased with lesion severity ($P=0.00$).

Conclusion: NLR was independently related to severity of CAD.

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