

Press Release

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SYNLAB plays key role in the largest ever multinational study on cholesterol

- SYNLAB participates in largest ever multi-national study to determine variations in lipid profiles to improve understanding of cardiovascular risk in different countries
- Significant differences in total cholesterol levels across 17 countries provide opportunities for tailored prevention
- Worldwide reach of Global Diagnostic Network (GDN) enables previously unattainable research to be carried out

SYNLAB (FSE: SYAB), the leader in medical diagnostic services and specialty testing in Europe, provided significant support for the largest ever multi-national study on circulating cholesterol concentrations. The study provides important insight into factors impacting cardiovascular health globally. Based on nearly half a billion test results, the research was carried out by the Global Diagnostic Network (GDN), a strategic working group of diagnostic laboratories initiated by US-based Quest Diagnostics – SYNLAB is a founding member, representing the network in Europe.

The analysis, [published](#) in the *European Heart Journal*, finds that research subjects in seven of the 17 countries studied had suboptimal total cholesterol levels compared to the World Health Organisation (WHO) target. It posits that geographical location and sex as well as cultural and genetic differences influence cholesterol levels. The research, moreover, includes medically recognised laboratory markers of cardiovascular disease risk, including levels of total cholesterol, low-density lipoprotein cholesterol (LDL-C), high-density lipoprotein cholesterol (HDL-C) and triglycerides.

Despite the recognition of the clinical value of lipid tests by the WHO and many individual countries, little research on lipid levels has been attempted on a global scale. This, however, is now possible thanks to the overarching scope provided by the GDN.

“This is an impressive example of how data provided by clinical laboratories can create important contributions to our understanding of cultural, socioeconomic and genetic factors affecting cardiovascular health globally, while supporting prevention strategies in future,” commented Univ. Prof. Dr Winfried März, Director of SYNLAB Academy in Germany.

Although additional research needs to be carried out on this topic in order to draw more comprehensive conclusions, the study has laid the groundwork for future advances in the field of cardiovascular



medicine. “At SYNLAB, we are using this analysis as a building block to drive medical progress in this field. It will serve to add value to individuals and societies by strengthening early detection and preventative measures for cardiovascular disease,” said Dr Santiago Valor, Chief Medical Officer at SYNLAB.

Among the key findings:

- Highest total cholesterol levels in two European countries: Seven countries evaluated had mean total cholesterol levels exceeding the WHO-defined risk threshold of 5.00 mmol/L (193 mg/dL): Japan, Australia, North Macedonia, Switzerland, Germany, Slovakia, and Austria. Of these, the highest mean total cholesterol levels were in Austria (5.40 mmol/L, 208.8 mg/dL) and Germany (5.35 mmol/L, 206.9 mg/dL).
- Countries with lowest cholesterol levels spanned the Americas, Middle East and Asia: The countries with the lowest mean total cholesterol levels were the Republic of Korea (4.58 mmol/L, 177.1 mg/dL), Turkey (4.74 mmol/L, 183.3 mg/dL), and the United States (4.75 mmol/L, 183.6 mg/dL).
- The Americas region showed strikingly similar patterns, with age group-based patterns of total cholesterol in females and males were remarkably similar among three countries of the Americas (Brazil, Canada, and the United States)
- Differences by sex held steady in most countries, with total cholesterol and LDL cholesterol levels peaking in males between ages 40-49 years, roughly a decade earlier than females’ peak at ages 50-59 years. Yet, a higher proportion of females than males had rates of LDL cholesterol levels at or above 4.91 mmol/L, a level the WHO considers highly elevated, in all but four countries (Brazil, Saudi Arabia, Spain and UAE). In every country except India, total cholesterol levels among females were highest in the 50-59-year age group.
- North Macedonia had the highest proportions of LDL cholesterol results greater than 4.91 mmol/L (>190 mg/dL) for both females (9.9%) and males (8.7%).

The members of the GDN that participated in the study include Healius (Australia), DASA (Brazil), Life Labs (Canada), Strand Life Sciences (India), LSI Medience (Japan), GC Labs (Republic of Korea), Al Borg Diagnostics (Saudi Arabia), SYNLAB (Austria, Germany, North Macedonia, Slovakia, Spain, Switzerland, Turkey, United Arab Emirates, and the United Kingdom) and Quest Diagnostics (United States). Data was de-identified and aggregated by participating laboratories prior to analysis.

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For more information:

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About the GDN

The [Global Diagnostics Network \(GDN\)](#) is a strategic working group of diagnostic laboratories, each committed to unleashing and sharing local innovation to increase global access to diagnostic science and services — ultimately generating diagnostic insights and enhancing global healthcare. Founded and organised by [Quest Diagnostics](#), the GDN’s members are some of the world’s leading diagnostics companies across the globe. Collectively, this



community of 12 healthcare companies has a presence in countries with two-thirds of the world's population, and over 90% of the global pharmaceutical market. www.GlobalDiagnosticsNetwork.com

About SYNLAB

- SYNLAB Group is the leader in medical diagnostic services and specialty testing in Europe. The Group offers a full range of innovative and reliable medical diagnostics to patients, practising doctors, hospitals and clinics, governments and corporates.
- Providing the leading level of service within the industry, SYNLAB is the partner of choice for routine and specialty diagnostics in human medicine. The Group continuously innovates medical diagnostic services for the benefit of patients and customers.
- SYNLAB operates in 35 countries across four continents and holds leading positions in most markets, regularly reinforcing the strength of its network through a proven acquisition strategy. More than 28,000 employees, including over 2,000 medical experts, contribute every day to the Group's worldwide success.
- SYNLAB performed around 600 million laboratory tests and achieved revenues of €3.25 billion in 2022.
- Ticker symbol: SYAB; ISIN: DE000A2TSL71
- More information can be found on www.synlab.com

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