Although hypercholesterolemia (high levels of cholesterol in the blood) itself is asymptomatic, longstanding elevation of serum cholesterol can lead to an increased risk of cardiovascular disease, particularly coronary heart disease. In Russia, there are no solid estimates of the magnitude of this condition.

**INTRODUCTION**

Although hypercholesterolemia is asymptomatic, longstanding elevation of serum cholesterol can lead to an increased risk of cardiovascular disease, particularly coronary heart disease. In Russia, there are no solid estimates of the magnitude of this condition.

**OBJECTIVE**

This study is aimed to assess comorbidity, health-related quality of life (HRQoL), work productivity loss, activity impairment, and healthcare resource utilization in Russian urban adults with hypercholesterolemia.

**METHODS**

Patients’ self-reported data were collected from 2011 National Health and Wellness Survey (NHWS). The survey sample was weighted to represent major urban areas in Russia. HRQoL Life was measured by the physical component summary (PCS) and mental component summary (MCS) scores of the SF-12v2.

Work productivity loss and activity impairment were measured by the validated Work Productivity and Activity Impairment (WPAI) questionnaire. Healthcare resource utilization was measured by healthcare provider visits, emergency room visits, and hospitalizations in the past 6 months.

**RESULTS**

- Of the 85.8 M (n=10,039) adult respondents, 8.2 M (n=802; 10%) self-reported they were experiencing hypercholesterolemia, of which 89% reported physician diagnosis; only 60% were currently using some sort of medication. (Figure 1)
- Average age of patients diagnosed with hypercholesterolemia was 53.2 years.
- Compared to those not experiencing hypercholesterolemia, the diagnosed group reported more comorbidities (headache 66%, hypertension 54%, sleep difficulties 54%, insomnia 44%, pain 41%, and heartburn 40%). (Table 1)
- Hypercholesterolemia patients had lower mean PCS (40.7 vs. 47.1) and MCS (41.8 vs. 43.8) scores. More hypercholesterolemia patients visited healthcare providers (88% vs. 70%) and a higher percentage were hospitalized (14% vs. 9%) over the past 6 months. (Table 2)
- Furthermore, hypercholesterolemia patients reported 30.9% overall work productivity impairment compared to 21.6% in the not experiencing hypercholesterolemia group. All mentioned differences were statistically significant (p<0.05).

**CONCLUSIONS**

From Russian NHWS results, patients experiencing hypercholesterolemia suffer from lower HRQoL, increased work productivity loss, and more comorbidities. Findings indicate there is still an unmet medical need in Russian hypercholesterolemia patients.