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Abstract—Chronic inflammation is a risk factor for atherosclerosis and is associated with increased levels of C-reactive protein (CRP). The purpose of this study was to determine whether CRP levels were associated with the presence of aortic atherosclerosis in a population of healthy, middle-aged men. The study included 100 men aged 45 to 65 years who had no history of cardiovascular disease, diabetes, or other conditions that could affect CRP levels. The men were divided into two groups based on their CRP levels: the high CRP group (CRP ≥ 3 mg/L) and the low CRP group (CRP < 3 mg/L). The men underwent a comprehensive aortic ultrasound examination, including aortic diameter measurements and aortic wall thickness measurements. The results showed that the high CRP group had significantly higher aortic wall thickness and aortic diameter compared to the low CRP group. These findings suggest that CRP levels are associated with the presence of aortic atherosclerosis in healthy, middle-aged men.

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