

STUDY OF RISK FACTORS IN CORONARY HEART DISEASE

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ABSTRACT

Study of risk factors was conducted in 92 patients suffering from acute attack of myocardial infarction, admitted to coronary care unit, Mayo Hospital, Lahore. The diagnosis of infarction was based on clinical history, ECG findings, enzyme and isoenzyme studies. Among the major risk factors smoking was at the top and 67 percent of patients were smokers. Hypercholesterolaemia was found in 30 percent, Hypertension in 16 percent and Diabetes mellitus in 14 percent of patients. The role of minor risk factors like age, sex, occupation, genetics and stress was also studied. The age range was 20-89 years.

INTRODUCTION

Coronary Heart disease (CHD) is the commonest cause of cardiovascular disability and death. It is the major cause of death in most industrialised countries [1]. Previously, it was thought that the incidence of CHD is more common in the affluent societies. It has now been recognised that CHD is also common in the developing countries, where the prevalence of CHD has been rising steadily.

The etiology of CHD is unknown. There is no single cause which can be pinpointed. There are various risk factors that predispose to the development of CHD. These risk factors are age, genetic predisposition, hypercholesterolaemia, high blood pressure, diabetes mellitus and cigarette smoking. Other factors of less importance include obesity and possibly physical fitness and personality type [2].

Since very few studies have been conducted in this country, as regards the role of risk factors in the incidence of CHD, our aim was to study the risk factors in detail, as the conclusion