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Frequency of risk factors in male patients with acute coronary syndrome

Nida Sheikh

National Institute of Cardiovascular Diseases, Pakistan

Objective: To determine the frequency of risk factors in male patients presenting with acute coronary syndrome.

Study Design: Cross-sectional study. Place and Duration of Study: National Institute of Cardiovascular Diseases, Karachi, from November 15 to December 15, 2013.

Methodology: Male patients with acute coronary syndrome were included in this study. Presence of diabetes, smoking, hypertension, dyslipidemia, physical activity, and family history of coronary artery disease (CAD) was documented. Blood pressure, ECG, cardiac enzymes, fasting blood glucose, lipid profile and echocardiography were done within 24 hours of admission.

Result: A total number of 72 male patients of acute coronary syndrome were studied, S.T.E.M.I (ST-elevation myocardial infarction) was diagnosed in 11 (15.277%) patients, non-S.T.E.M.I in 26 (36.111%) while 35 (48.611%) patients were having unstable angina. Hypertension was documented in 49 (68.055%), smoking in 40 (55.555%) patients, diabetes in 27 (37.5%) and a family history of CAD was recorded in 29 (40.277%) patients. 47 (65.277%) patients were active physically. Hypertension, smoking and dyslipidemia were the most frequent combinations observed in 27 (37.5%) subjects while diabetes and hypertension was in 21 (29%) patients.

Conclusion: Hypertension, smoking and diabetes were most frequent risk factors in male patient with CAD family history. Public awareness to control risk factors can reduce the prevalence of CAD.

nidabrightstar@gmail.com