Postmenopausal women and men of all age groups are at high risk for coronary heart disease-a cross sectional cluster study

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Atherosclerotic cardiovascular disease (ACD) is the number one killer in adult population. South Asians have the highest rates of premature coronary artery diseases. At least 25% of coronary patients have sudden death or nonfatal myocardial infarction without prior symptoms. However, understanding coronary heart disease risk (CHDR) of people with subclinical ACD is critically important for initiating intensive primary prevention. We conducted a cross-sectional cluster survey of 752 subjects in a semi-urban population in India. Smoking status, total Cholesterol, HDL, LDL, TG, blood pressure and anthropometric was collected. 10-year CHDR of the population was estimated using Framingham criteria. Univariate and multivariate analysis was done to test the association between variables and CHDR. We found that 62.0%, 28.5% and 9.5% men; and 97.1%, 2.5% and 0.4% women respectively were at mild, moderate and severe CHDR. Of men <40 years 0.8%, 40-60 years 14.4%, and >60 years 27.3% were at high CHDR; and among women, only the postmenopausal group were high CHDR. TG, LDL and systolic BP correlated directly; and height and biceps skinfold inversely with the CHDR in men. Systolic BP and TG correlated directly and height inversely with the CHDR in women. To conclude, men of all the age groups and women >60 years were at high risk for CHD over next 10-years. WHR was the best anthropometric predictor for CHD risk in both genders. Smoking and low HDL levels attributed significantly to the CHD risk in men compared to women. Further studies are warranted for implementing CHDR reduction intervention program in the population.

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