

Summary

A variety of factors, often acting in concert, are associated with an increased risk for atherosclerotic plaques in coronary arteries and other arterial beds . Risk factor assessment is useful in adults to guide therapy for dyslipidemia, hypertension, and diabetes, and multivariate formulations can be used to help estimate risk for coronary disease events.

Unfortunately there are no accurate statistics about incidence of CAD and prevalence of his risk factors in Egypt.

Aim of the work: This study was conducted in order to find out the atherogenic risk factors and the incidence of the different risk factors among patients with coronary artery disease in Kalioubia Governorate aiming at identification of the risks and reduction of mortality and morbidity of this disease..

This study is a cross sectional analytic study that was conducted in order to investigate the atherogenic profile for coronary artery disease in patients living Qualioubia Governorate.

Five hundred patients with coronary artery disease (either acute or chronic) were included in the study, from those who presented to the cardiovascular department Benha university hospital they were 145 females (29%) and 355 males (71%).

The material for this study was from patients data, collected by questionnaire that was specially designed for this study to give a close-up look on different aspects of the disease in Kalioubia Governorate. detailed information concerning each patient regarding his/her personal data, socio-

economic status, individual risk factors, evidence of coronary artery disease and laboratory results were grouped and statistically analyzed.

Results:

Results of the current study showed that 196 patients (39.2%) had DM, 200 patients (40%) had hypertension, 362 patients (72.4%) were smokers, 138 patients (27.6%) had dyslipidemia, 91 patients (18.2%) had +ve family history of premature CAD, 211 patients (42.2%) were obese and 139 patients (27.8%) had physical inactivity and living a sedentary life.

Results of the current study regarding distribution of risk factors for CAD among the studied patients showed that 1 risk factor was found in 39 patients (7.8%), 2 risk factors were found in 164 patients (32.8%), 3 risk factors were found in 206 patients (41.2%) and more than 3 risk factors were found in 91 patients (18.2%).

Results of the current study regarding control of diabetes showed that 112 patients (57.1%) were controlled and 84 patients (42.8%) were not controlled.

Results of the current study regarding control of hypertension showed that 123 patients (61%) were controlled and 77 patients (39%) were not controlled.

Results of the current study regarding distribution of obesity showed that 68 patients (32.2%) had mild obesity, 49 patients (23.3%) had moderate obesity and 94 patients (44.5%) had severe obesity (Table 17 and fig. 25).

Results of the current study regarding type of coronary artery disease among all the studied patients showed that 224 patients (44.8%) had stable CAD, 93 patients (18.6%) had unstable angina, 76 patients (15.2%) had acute MI and 107 patients (21.4%) had old MI (Table 18 and fig. 26).

Conclusion

- Mean age of Kalioubia Governorate patients with CAD is similar to the mean age reported world wide.
- Male have more incidence of CAD than female (M:F 3:1)
- Prevalence of obesity ,smoking ,diabetes mellitus and hypertension are high among our CAD patients.
- Many patients are not aware of their serum cholesterol levels nor serum glucose levels.
- Diabetes mellitus is not well controlled in our patients .our study showed that 57% were controlled 43% were not controlled.
- Hypertension is not well controlled our study showed that 61% of the patients were controlled and 39% were not controlled.
- High prevalence of smoking in our studied patients(72.4%).
- More efforts should be directed to proper control of risk factors of coronary artery disease.