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Abstract :

Objective : To determine the total and gender – specific prevalence of coronary artery disease (CAD) – related risk factors in Cardiology Center of Emam Reza Hospital – Mashhad.

Materials and Methods: A cross – sectional, descriptive study was conducted on 200 patients (100 menopausal women and 100 men) with ischemic heart disease. We consider four CAD – related risk factors (Hypertension, Diabetes mellitus, Hyperlipidemia and Smoking) in assessment of these patients. Data sheets were filled on the basis of the presence or absence of these risk factors. The results were analyzed using SPSS software.

Results : In general, among the factors mentioned above, hypertension is the most common one (40% or 80/200) and after that, hyperlipidemia, smoking and diabetes come in sequence (31, 30, 21%). Compared to men, HTN is more common in menopausal women ($P<0.05$) On the other hand, smoking is more common in men. ($P<0.001$)

Conclusion : According to our study, HTN is the most common risk factor in general. We also consider the role of smoking as the most common risk factor in men and also an important one with the same prevalence to diabetes in women .] So we really need to reinforce smoking cessation.

Key words : Hypertension, Diabetes mellitus, Smoking, Hyperlipidemia, Ischemic heart disease gender menopause

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Shabastary @mums.AC.Ir :

20

75 %80

(5).

:()

LDL

CAD

65

HDL

(7 6).

CAD

4

2/5 4/5

(1).

CAD

4 1

2/5

()

(2).

100) 200 1382

(100

- ()

2000

%20

%23

(3).

2

35

CAD

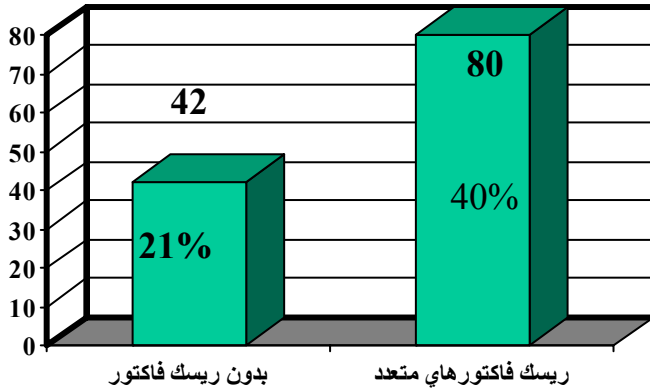
(4).

(42 %21
 (80)%40

HTN,HLP,DM)

(

(2)



LDL
 126 FBS
 240
 5
 160 LDL
 130/85
 SPSS

-2

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chi-square

(56) HTN

(32)

(22)

(22)

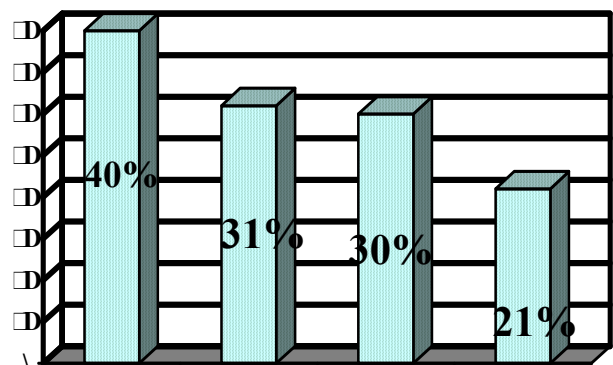
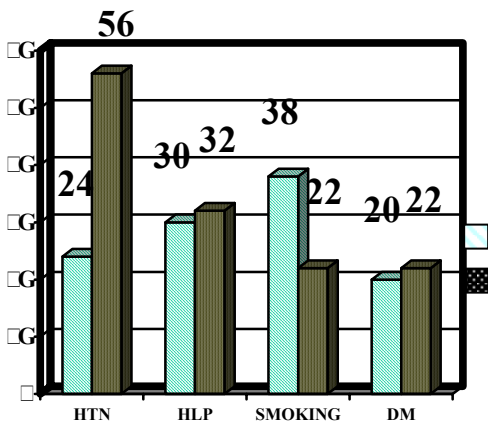
(3

)

(80 %40

(21 30 31)

(1)



100

3

100

(1381 82)_()

200

1

(1381 82)_()

HTN

38
(30)
(20) (24)
(3)

chi-square

HTN .(p>0.05)

(p<0.05)

4

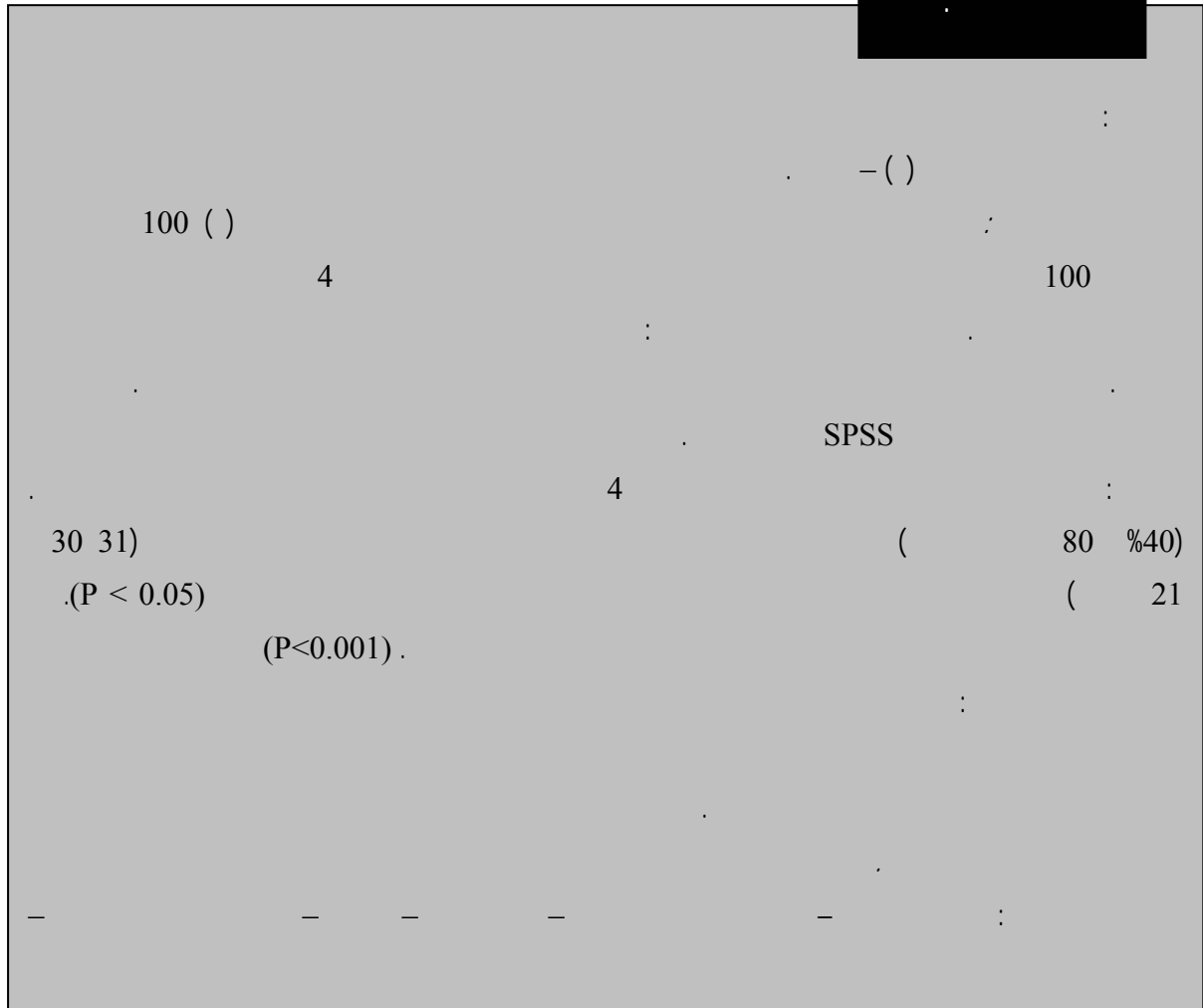
(p<0.001)

(80 %40)

(21 30 31)

(P < 0.05)

(P<0.001)



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