

STUDY OF CERTAIN CORONARY RISK FACTORS IN EGYPTIAN WOMEN 40-55 YEARS

Thesis

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M.D DEGREE OF PUBLIC HEALTH**

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Vitea

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Abstract

The present study was carried out to determine the prevalence of certain CHD risk factors in Egyptian women aged 40-55 years. These factors were hypertension, hypercholesterolemia, high risk levels of HDL, obesity and Diabetes Mellitus. The study was carried on all females aged 40-55 years working in two different locations, El Nasr Company for spinning and weaving (Shorbagy) (201 females as industrial workers), Giza Governorate and Faculty Of Medicine, Ain Shams University (116 females as civil servants), Cairo Governorate. The present study indicated that obesity was the most prevalent risk factor in both study groups, followed by hypercholesterolemia, hypertension, high risk levels of HDL then Diabetes Mellitus. The study emphasized the importance of the association of menopause and CHD risk factors. It was associated with raised serum total cholesterol and blood pressure in women in both study groups. Whereas it does not seem to affect other CHD risk factors. This could be due to some hormonal changes at menopause. Postmenopausal women could be considered a high risk population. It is justifiable to have a routine screening for coronary heart disease and its risk factors.

Abbreviations

CHD : Coronary Heart Disease.
IHD : Ischemic Heart Disease.
CAD : Coronary Artery Disease.
CVD : Cardiovascular Disease.
TC : Total Cholesterol.
LDL : Low Density Lipoproteins.
HDL : High Density Lipoproteins.
VLDL : Very Low Density Lipoproteins.
B.M.I: Body Mass Index.
W.H.R: Waist/Hip Ratio.
SBP: Systolic Blood Pressure.
DBP: Diastolic Blood Pressure.
USA: United States Of America.
D.M: Diabetes mellitus.
W.H.O: World Health Organization.

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