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Comparative Study of Risk Factors of Cardiac Diseases among Urban and Rural Population

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KEYWORDS Coronary artery disease, Lipid profile, Urban and Rural population.

ABSTRACT Genetically Indians seems to have a great tendency to develop heart trouble. In addition, stressful lifestyles and unhealthy diets of urban population are the reasons for heart disease. The aim of the study is to analyze the impact of different factors like lifestyle, food habits, environmental pollution and lipid level on coronary artery disease. Total 168 cases having some cardiac symptoms were included in this study. Detailed histories of cases were taken by questionnaire. Serum lipid profiles were compared between urban and rural cases. Study showed that triglycerides level ($p < 0.001$), total Cholesterol ($p < 0.05$) and low density lipoprotein level ($p < 0.001$) were significantly high in urban population than rural. Presence of hypertension (52.94%) and diabetes (49.41%) were higher in urban population. The results showed that stressful unhealthy lifestyle and uncontrolled fatty diet plays a major role in coronary artery disease.