



## **A Pilot Study on Recognition and Prevalence of Risk Factors for Cardiovascular Diseases in North Indian Populace of Jammu and Kashmir**

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**ABSTRACT** The aim of the present study was to recognize and to know the prevalence of different risk factors for CVDs in the North Indian people of J&K state. A total of 460 study participants (220 CVD patients and 240 controls) were enrolled for the study. A detailed health questionnaire covering socio-demographic, anthropometric, biochemical and lifestyle parameters were designed for the study. The results so obtained concluded that body mass index (BMI) and waist-hip ratio (WHR) was significantly higher in patients ( $p=0.002$  and  $p<0.0001$  respectively). A significant difference was observed in metabolic parameters: Total cholesterol (TC) ( $p=0.00001$ ), triglycerides (TG) ( $p=0.00003$ ), low density lipoprotein (LDL) ( $p=0.053$ ), high density lipoprotein (HDL) ( $p=0.001$ ), urea ( $p=0.00002$ ) and creatinine ( $p=0.002$ ) among patients and controls. Presence of hypertension (HTN) (55%) was higher as compared to diabetes mellitus (15.91%) as co-morbidity in patients. Family history (8-folds risk), alcoholism (6-folds risk) and smoking (3-folds risk) were the three most prevalent risk factors which were adding maximum risk towards CVD outcome. A proper healthy and unstressed lifestyle could be the best management option for CVDs.