

Role of Dietary Factors and Lipid Profile in Hospitalized Patients in Coronary Heart Disease in Hyderabad, India

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ABSTRACT The study was conducted with 49 coronary artery disease confirmed inpatients admitted in Nizam's Institute of Medical Sciences, Hyderabad and 24 matching controls to correlate the dietary patterns with lipid profiles. Detailed information on their dietary habits and behavioral parameters were collected through a structured questionnaire. Food intake was assessed by the 24 hour recall method and blood samples were drawn after 12 hours of fasting and analysed for lipid profile by enzymatic colorimetric method. Results of the study have indicated that coronary artery disease patients were obese and risk factors such as smoking (24 percent), alcohol consumption (8 percent), pan chewing (4 percent) were observed among the patients. Lipid profile of the control and coronary heart disease patients indicated significantly higher levels of total cholesterol, triglycerides and LDL levels when compared to control. The mean triglycerides (228 mg/dl and 143.66mg/dl) and LDL (137 mg/dl and 119.74 mg/dl) and HDL (34 mg/dl and 38 mg/dl) were seen in patient and control population respectively.