



A Study of Risk Factors of Coronary Heart Disease in Population of Malwa Region of Punjab

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ABSTRACT Coronary Heart Disease occurs when the blood supply to the heart is blocked or interrupted by a build-up of fatty substances in coronary arteries. After a certain time period, the walls of the arteries become piled up with fatty deposits, which makes the arteries narrow from inside and interrupt the flow of blood. The present study was conducted to ascertain the prevalence of risk factors in Coronary Heart Disease patients of Malwa region of Punjab. In the present study, the prevalence of smoking (in males) was 30.2 percent, alcohol intake (in males) was 41.5 percent, and additional risk factor such as obesity was 70.8 percent in males and 55.3 percent in females. Coronary risk factors were higher among the males as compared to the females. Smoking and alcohol intake could be the reason causing a higher risk for developing coronary heart disease among males.