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Prevalence of known risk factors and socioeconomic status of male patients with acute myocardial infarction

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The objective of the study was to determine the socioeconomic characteristics and the prevalence of known risk factors among ST- elevated myocardial infarction (STEMI) patients.

One hundred and three male patients who were admitted consecutively with first acute STEMI to Teaching Hospital, Karapitiya for one year duration were interviewed and data on known cardiovascular risk factors (CVRFs), demographic and socioeconomic characteristics such as education, occupation and income were collected. Further, hospital and personal records were used in collecting data on known CVRFs. Anthropometric measurements were obtained. The socioeconomic status (SES) was defined according to the Barker & Hall guidelines.

Age of the patients ranged from 32 to 69 years and mean age was 54 ± 8 years. Smoking in 59 (57.3%), diabetes mellitus in 14 (13.6%), hypertension in 20 (19.4%), dyslipidaemia in 100 (97.1%), metabolic syndrome in 53 (51.5%), cerebrovascular disease in 2 (1.9%), family history of premature CAD in 2 (1.9%), obesity in 2 (1.9%) and overweight in 10 (9.7%) patients were reported. Majority of them were in the normal range of BMI 65 (63.1%). Among the patients 98 (95.1%) were married, less had extended their education to the university or similar type of higher education 7 (6.8 %) and a few were involved in professional category of 8 (7.7%) occupations. Thirty eight (36.8%) of them had no regular income. Over 50% of patients were in the lower social class categories (categories 4 and 5). Dyslipidaemia and smoking were the most prevalent known cardiovascular risk factors among male patients with acute STEMI; however the prevalence of obesity was less. Majority of them were from low socioeconomic background.

Keywords: Myocardial infarction, cardiovascular, risk factors, socioeconomic status, males

Acknowledgement: University Grants Commission, Sri Lanka.