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Lipid profile in Egyptian patients with coronary artery disease, role of age, gender and hypertension

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Background: No data are available about plasma lipid profile in Egyptians with coronary artery disease (CAD). Plasma lipid profile may differ according to ethnic origin and geographic area.

Objectives: Identify plasma lipid abnormalities in Egyptians with CAD and define the role of age, type of CAD, and the presence of hypertension (HT) on lipid profile.

Methods: Retrospective consecutive sampling of lipid profile of 1000 patients with CAD. Results were compared to a control group of 1920 non-coronary individuals.

Results: Patients' age range was 19–90 years. HT was present in 56.7% of patients. The commonest isolated lipid abnormality was a reduced HDL-C in men and increased plasma triglycerides (TG) in women. Patients with myocardial infarction (MI) had a lower HDL-C than those with angina pectoris (AP). Abnormalities were more severe and more prevalent in the young age group. No significant difference in lipid profile was present between normotensive (NT) and hypertensive (HT) CAD patients.

Conclusion: Dyslipidemia is common among Egyptians with CAD. Lipid profile was influenced by age, gender, type of CAD, but not by the presence of HT. The high prevalence rate of risk factors particularly among young Egyptians is remarkable and can explain the epidemic of CAD among Egyptians.

Biography

Ahmed Ibrahim has completed his Cardiology fellowship at Cairo University hospital with a Masters' Thesis that which provided new insight on CAD in Egyptian Women. He worked as a research associate in Cardiology at Loyola in Chicago then in University California San Diego then did general medicine residency in Case Western/ St Vincent hospital in Cleveland. For the last three years, he has been working as an associate staff in the heart and vascular institute in Cleveland Clinic.

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