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Effect of lipid levels as a risk factor of occurrence of coronary heart disease in Rumah Sakit Universitas Hasanuddin, Makassar, Indonesia between October 1, 2014 and November 1, 2014

Irham Khairi

Hasanuddin University, Indonesia

Background: A large amount of literature has discussed the utility of lipid levels as risk factors in the prediction of cardiovascular events in the future. Many lipid and non-lipid biomarkers have been proposed as an indicator of risk factors for cardiovascular diseases. Lipid biomarkers assessed were total cholesterol, high-density lipoprotein (HDL), low-density lipoprotein (LDL) and triglycerides. However, in all studies the major atherogenic lipoprotein LDL is identified by the National Cholesterol Education Project (NCEP) as the primary target of cholesterol-lowering therapy. Dyslipidemia is a disorder of lipoprotein metabolism and included as a risk factor for coronary heart disease (CHD). Dyslipidemia may be manifested through the increase of total cholesterol, LDL cholesterol, triglyceride concentration and lower concentration of HDL cholesterol in the blood. To determine whether clinically lipids are the risk factors for CHD events, a study was conducted at RS Pendidikan Universitas Hasanuddin, Makassar, Indonesia.

Objective: This study aims to determine the frequency distribution of blood lipid levels as a risk factor in the incidence of coronary heart disease (CHD) at the RS Pendidikan Universitas Hasanuddin, Makassar, Indonesia period October 1, 2014 and November 1, 2014.

Methods: This study is a descriptive study design (cross-sectional) that aims to recognize definite lipid levels in the blood as a risk factor for CHD events. Data was taken from the primary data, where researchers visited and conducted interviews of CHD patients and from secondary data recorded on the CHD patient's medical record, obtained from RS Pendidikan Universitas Hasanuddin, Makassar, Indonesia during the period from October 1, 2014 to November 1, 2014.

Results: The results of this study show the incidence of CHD, patients who were treated in RS Pendidikan Universitas Hasanuddin, Makassar, Indonesia, was most commonly found in men, as many as 17 people (56.7%). CHD patients were obtained highest in the age group 60-69, as many as 12 people (40.0%). CHD patients who have dyslipidemia are as many as 20 people (66.7%). In patients with dyslipidemia, we found the highest levels of lipid as increased triglycerides (TG) in as many as 6 people (20.0%), followed by increased LDL-only in as many as 5 people (16.7%). Patients with coronary heart disease who have comorbidities in which most have hypertension, in as many as 12 people (40%).

Biography

Irham Khairi has completed his graduation in Doctor of Medicine at Hasanuddin University, Makassar, Indonesia. Now, he is on duty in a primary care service at a local hospital. He is interested in conducting a study on the cardiovascular scope considering the incidence of cardiovascular disease, especially coronary heart disease, as it still holds quite high incidences in Indonesia, in addition to lifestyle of local people who have not been healthy.

irhamkhairi64@yahoo.co.id

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