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## Angiographic pattern of coronary artery disease in pre-menopausal Indian women: A single centre study

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**Background & Aim:** Coronary Artery Disease (CAD) is increasingly becoming the disease of the young. Not much is known regarding the incidence, degree and pattern of CAD in pre-menopausal Indian women. Our aim was to study the prevalence and pattern of CAD among pre-menopausal women undergoing CAG.

**Methods:** Data from 100 women who underwent CAG for suspected CAD over 2 years were retrospectively analyzed. They were classified into pre-menopausal group (age  $\leq 50$  years) and post-menopausal group (age  $\geq 60$  years). Risk factor profile and coronary angiographic profile of these patients were studied and compared.

**Results:** The mean age of pre-menopausal women was  $45.8 \pm 4.2$  years and  $67.4 \pm 6.4$  years was the mean age of the post-menopausal women. Hypertension was the commonest risk factor in both the groups, with significantly higher incidence of hypertension in the post-menopausal group (24 vs. 41,  $p=0.0029$ ). Greater number of pre-menopausal women CAD with none of the risk factors, (15 vs. 04,  $p=0.0004$ ). There was a greater prevalence of obstructive CAD (31 vs. 15,  $p<0.0013$ ) among post-menopausal women, especially triple vessel disease (TVD) (3 vs. 15,  $p=0.0018$ ). Left anterior descending (LAD) artery is the most commonly affected vessel. Proximal segment was the most frequently affected segment of the coronary artery.

**Conclusion:** Pre-menopausal women had a higher percentage of angiographically normal epicardial coronaries and non-obstructive CAD, and even those who had obstructive CAD; the prevalence of multi vessel disease was much less when compared with the post-menopausal women. The risk factor profile and pattern of coronary disease in pre-menopausal women is different from the conventional picture.

### Biography

Biji Soman graduated from Government Medical College, Trivandrum in 1996. He had served in the Indian Army as a Short Service Commission (SSC) officer for five years and retired in 2002 in the rank of Major. Then he joined in Sree Uthradom Thirunal (SUT) Hospital in Trivandrum, a reputed tertiary care cardiac centre as Registrar in Cardiology and Cardiac Catheterisation Lab. He went to United Kingdom in 2005 and trained at the prestigious Guy's & St. Thomas' NHS Trust Hospital, London in Cardiology. He did two years Post Graduate Diploma in Clinical Cardiology from Kerala Institute of Medical Sciences (KIMS), Trivandrum, passed out with distinction and first rank in Kerala state. He obtained his Membership of Royal College of Physicians (MRCP UK) in 2013. He became substantive Consultant Cardiologist in 2014 and he was elected as a collegiate member of Royal College of Physicians and Surgeons of Glasgow MRCPs (Glas) in 2014. He joined Meditrina Hospital, Kottarakara as Consultant Cardiologist in March 2016. He has won awards for best paper presentations in National Conferences and Faculty in International and National conferences in Clinical Cardiology. He has several academic publications to his credit in both national and international peer reviewed scientific journals. His area of interest is Cardiovascular Diseases among women.

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