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Smoking, alcohol consumption, physical activity and stress among patients with ischemic heart diseases attending healthcare facilities in the south of Iraq

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Background: Ischemic heart disease (IHD) is multifactorial. The risk of cardiovascular disease (CVD) rises with cigarette smoking, alcohol intake, and dyslipidemia.

Objectives: The objective of this paper was to study the prevalence of the following risk factors: Smoking, alcohol consumption, physical activity and stress among patient suffering from ischemic heart diseases and attending health care facilities in the south part of Iraq.

Methodology: This matched case-control study was conducted in Maysan province. Maysan is a small city in the south east of Iraq. Target population was known cases of patients with IHD attending 10 PHCCs to receive their free medications. Their ages are ranged from 35 to 65 years. The control group was selected from patients complaining of acute illnesses attending the same clinics seeking medical care; all were free from IHD. The total number for each group was 200. The questionnaire was modified from several studies. The data were collected by the researcher through direct interview with patients as well as from their relatives or their accompanying person's relatives or their accompanying persons.

Results: Smoking was not significantly different between patients and controls ($p=0.35$). Alcohol consumption was significantly different between patients and controls ($p=0.04$) and 76.1 of those with regular consumption of alcohol had IHD. Physical activity was significantly association between patients and controls ($p<0.001$) and 85 of those with light physical activity had IHD, while 88.7 of control have regular physical activity.

Conclusions: The study concluded that alcohol consumption, physical activity and stress played significant role in developing IHD among study population. Developing preventive and health promotion program or intervention should address this risk factor.

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