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The study of lipid profile and other cardiovascular risk factors in children born to parents having premature ischemic heart disease

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Objectives: To study lipid profile and other cardiovascular risk factors like hypertensive status, BMI in children aged between 5 years and 18 years born to parents having premature IHD, to study diet and life style factors in study group having family history of IHD and to study the socio-demographic profile of dyslipidemia.

Methods: Lipid profile and other cardiovascular risk factors were studied in 200 children with family history of premature IHD and compared to 200 children without family history of IHD.

Results: Amongst the cases there were 130 males and 70 females (M:F=1.8:1) as compared to 103 males and 97 females amongst controls (M:F=1.06:1). On comparison of mean lipid profile between cases and controls, HDL cholesterol was very low amongst cases as compared to controls ($p=0.001$). The triglycerides and VLDL were very high amongst cases as compared to controls ($p=0.001$). The atherosclerotic index which was determined by TC/HDL was high among cases as compared to controls ($p=0.001$). However there was no statistically significant difference between cases and controls as far as total cholesterol ($p=0.089$) and LDL cholesterol were concerned ($p=0.105$). Dyslipidemia was more evident after 10 years of age and also more evident in boys than girls. More number of cases had prehypertension and hypertension ($p=0.004$), excess junk food intake ($p=0.001$), sedentary lifestyle ($p=0.001$). 20.5% of cases had family history of IHD apart from parents. Except for increased BMI ($p=0.016$) there was no increased dyslipidemia in this group as compared to those without multiple family history of IHD.

Conclusion: Children of premature ischemic heart disease patients have significant incidence of dyslipidemia and risk factors like elevated BMI, excess junk food intake and sedentary life style with increased incidence of pre hypertension and hypertension

Biography

M R Savitha is currently working as Professor of Pediatrics at the Department of Pediatrics of Mysore Medical College and Research Institute, Mysore, India. She has 22 years of experience in the field of pediatrics. She has published 39 papers in various national and international journals. She has presented 41 papers in various states, national and international conferences. Her field of interest is allergy and asthma in children and lipid profile in children.

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