

Epidemiology and risk factor for hyperlipidemia in Pakistan

Muhammad Akram¹, Muhammad Daniyal² and Urooj Fatima²

¹GC University, Pakistan

²Hamdard University, Pakistan

Hyperlipidemia is very big health issue worldwide. Prevalence of hyperlipidemia is increasing in developed as well as developing countries. Hyperlipidemia incidence and prevalence is increasing in Pakistan due to change in the lifestyle of the Pakistani people. Hyperlipidemia is a major risk factor for cardiovascular disorders. Cardiovascular disorders are the leading cause of death in Pakistan. Hyperlipidemia has high mortality and morbidity because it is the major risk factor for developing stroke and cardiovascular disorders. Hyperlipidemia is very common in upper class society due to resting lifestyle and lack of exercise. This study aims to provide awareness about hyperlipidemia as well as an updated knowledge about the epidemiology and risk factor of hyperlipidemia in Pakistan.

upr2014@yahoo.com

Notes: